May 2025
DHS15
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goodFOOD

EST 1989

MIDDLE EAST

Fresh & Flavourful

- Green goddess nachos
- Golden chicken with rice noodles & crispy shallots
- Sweet melon, curry leaf & burrata salad

Brunch specials

- Crispiest buttermilk fried chicken burgers
- Veggie rainbow picnic pie
- Za'atar & feta croissants

Eat well for... Bone Health

Sweet Bites

Chocolate cherry cola cake • Jammy berry granola crisp • Strawberry sandos

CPI
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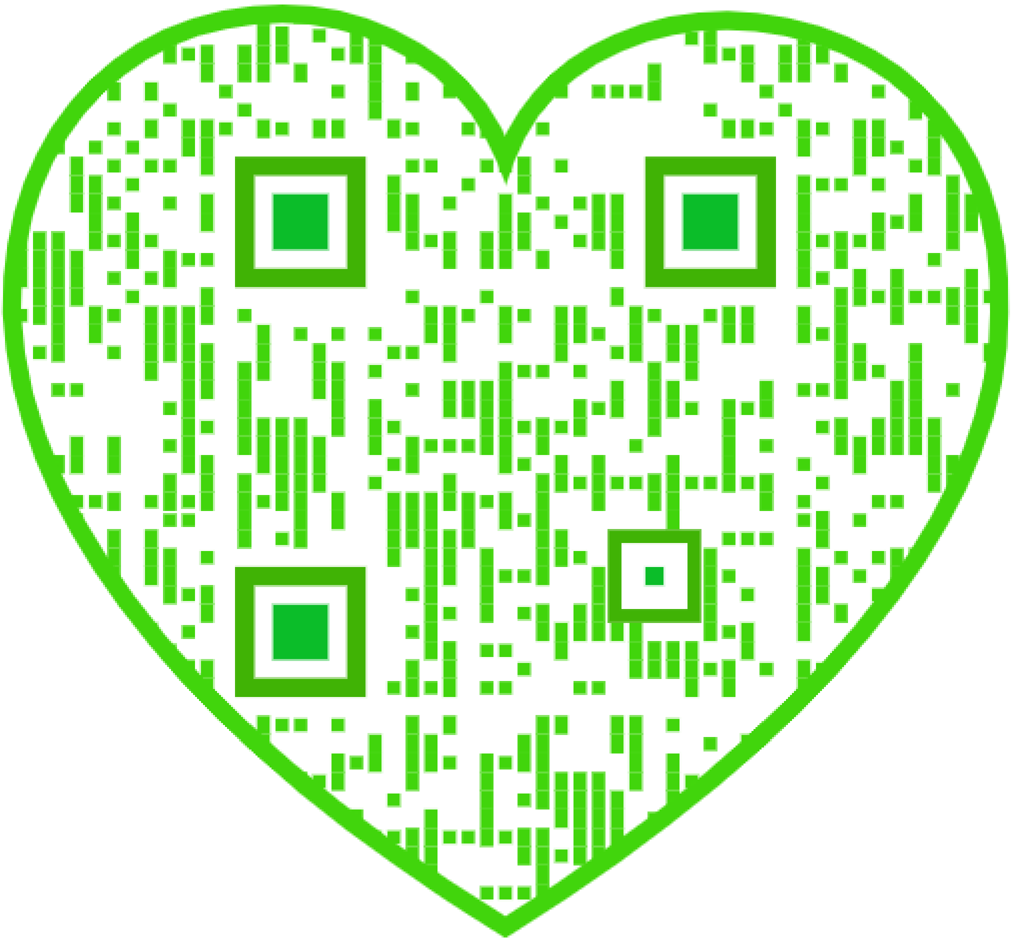

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It is My choice.

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IT'S FROM
EUROPE

Welcome!

May is the perfect time to embrace vibrant, fresh fruit and veg. Elderflower, with its delicate sweetness, makes an appearance in cordial form, but this month we're diving deeper into its potential, exploring how it can elevate dishes beyond just a drink (p34). While the warmer weather often calls for lighter, refreshing meals, we're also drawn to comforting dishes such as our cover star, a Golden chicken with rice noodles, and Crispy red mullet rice with saffron aioli & lemon olive salsa — offering layers of flavour and texture (p43). Pie lovers, we've got a delectable selection for you, featuring a tempting Cookie Dough treat (p56).

We're spotlighting rhubarb as our 'Next-Level' ingredient, enhanced with a secret twist in our Rhubarb crumble. (p70). Bone health is a trending topic in the health and wellness space right now, and in this issue, Dr. Chintal Patel shares essential lifestyle changes for maintaining strong, healthy bones (p84). To add a touch of adventure to your weekend, why not plan a trip to Doha? Explore the highlights of our latest sojourn on p88.

Happy reading!

Nicola Monteath
Editor

Signature Selections from the team

Veggie rainbow picnic pie

Liz Smyth, Group Sales Director

Strawberry and elderflower cobbler

Gill Fairclough, Sales Director

Pea, pistachio & matcha cake

Blanche D'mello, Assistant Editor

Crispiest buttermilk fried chicken burger

Froilan Cosgafa, Designer

goodFOOD
EST 1989 MIDDLE EAST

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Our recipe descriptions

V Suitable for vegetarians.
❄ You can freeze it.
⊘ Not suitable for freezing.
Easy Simple recipes even beginners can make.
A little effort These require a bit more skill and confidence – such as making pastry.
More of a challenge Recipes aimed at experienced cooks.
Low fat 12g or less per portion.
Low cal 500 calories or less per main.
Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
Good for you Low in saturated fat, low in salt.
Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.
1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.
Vit C | Iron | Omega-3 | Calcium | Folate | Fibre
Indicating recipes that are good sources of useful nutrients.
GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:
P Contains pork.

Your Say

We love hearing from you!

star letter

From the moment I saw the beautiful melted chocolate cake on the cover of the April issue and the mention of Easter, my mouth started watering. Easter is a truly special time in our family and our celebrations are always underpinned by our shared love of food, particularly good food! I have already been making some of the scrumptious recipes from and the air fryer - hot cross bun brownies were a massive hit with my daughter (not so much with my waistline but totally worth it). I am most intrigued about the Air-fryer garlic and oregano lamb with crispy new potatoes recipe, as I've not cooked a leg of lamb this way before and I am really excited to make it on Easter Sunday. As usual, the vibrant photo's brought all the recipes to life, inspiring me to recreate them with confidence. I also loved the Sticker Challenge and can confirm that gnocchi freezes beautifully and is a great back-up meal which can be enjoyed by the whole family, I am looking forward to trying the pea and pancetta sauce after Easter and once I have hopefully shed the extra kilo or two that I will most likely have gained thanks to this month's edition! Thanks *Good Food Middle East team* for a fabulous publication, the content is always great and I really enjoy reading each month's issue.

Alexandra De Canha

What I truly love about this magazine edition is the Mid-week One-Pot Wonders segment, especially the Sichuan Mackerel Noodle recipe. It's so easy to follow, and I absolutely love it. It's not only delicious but also incredibly nutritious and quick to prepare. I've always followed your recipes, and they've consistently introduced me to new cooking techniques and ideas. Thank you for sharing such amazing recipes; I look forward to trying the others as well!

Lady Joiryne Moyano

With Easter coming up and as a working, single mum of three, I was excited to see the air-fryer Easter recipes. Anything that makes my little ones happy but is manageable with my busy schedule is a win for me. I'm looking forward to the easy lamb dish and my 11-year-old said she will attempt the Easter chocolate cookies. I'm sure more Easter chocolate will go in her mouth than the cookie but that's all the fun with mini chefs, isn't it? Happy Easter!

Kelly Mason

WIN!

WIN A CHURRASCO EXPERIENCE AT FOGUEIRA RESTAURANT & LOUNGE, WORTH AED1,000!

Gather your amigos and get ready to explore the vibrant new à la carte menu, featuring indulgent dishes such as the Fogueira Board, refreshing Peruvian Ceviche, and Camarão do Rey. Enjoy an unforgettable evening of live music, samba performances, and incredible Marina and Ain Dubai views.

To send in your Star Letter and win this prize, visit the Competitions page on **bbcgoodfoodme.com**

TALK TO US!

Email us on ***feedback@bbcgoodfoodme.com***
with your thoughts and comments, and send us your photos with your copy of Good Food ME!

You can also connect with us on social media! Find us on: ***@goodfoodmiddleeast***

Or, you could write to us at: The Editor, Good Food Middle East, Office 1307, DSC Tower, Dubai Studio City, Dubai,
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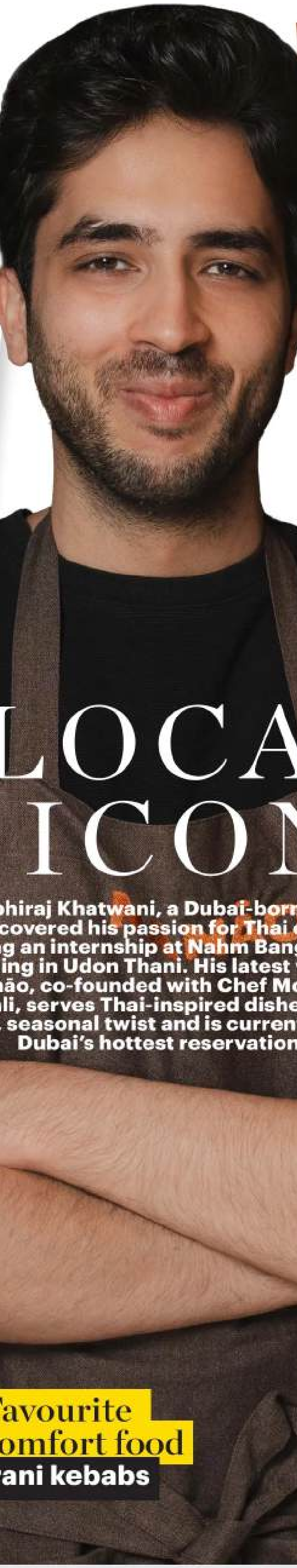
Photographs SUPPLIED

LOCAL ICON



Abhiraj Khatwani, a Dubai-born chef, discovered his passion for Thai cuisine during an internship at Nahm Bangkok and training in Udon Thani. His latest venture, Manāo, co-founded with Chef Mohamad Orfali, serves Thai-inspired dishes with a fresh, seasonal twist and is currently one of Dubai's hottest reservations.

AM Routine

Mornings are quick and simple for me. I squeeze in a short workoutand sometimes grab an avocado toast on the go. The one non-negotiable? A quick workout - even 30 minutes makes a difference when your day's built around the kitchen.

The one dish you love

The Duck Mochi because it's a collaboration with Orfali Bros.

You're hosting a dinner party - who's on the guest list, and what's on the menu

I'd cook Beef Wellington for Gordon Ramsay and Lobster Khanom Krok from Manāo for Shaquille O'Neal.

3 fridge staples

Kimchi, labneh and Thai mangoes

Drink Order

Just water, always water.

Currently listening to...

The Dave Chang Show and On the Noodle Road: From Beijing to Rome, with Love and Pasta audiobook.

I love dining at... Orfali Bros

ORFALI BROS

On my Spotify playlist

Ben Howard and Adele are my go-to.

TOP CULINARY DESTINATION

Haawm is a fun place in Bangkok – I'd recommend the entire menu!

Favourite comfort food

Irani kebabs

Image credit: Ben Houdijk / Shutterstock.com

NEWS *nibbles*

What's hot and happening in the culinary world, across the Middle East

THIS MONTH WE LOVE...

HYDRATE RIGHT

SYP
Kombucha+ GRAPEFRUIT
SYP
Water+ BLUEBERRY
SYP
Kombucha+ POMEGRANATE

As temperatures rise, hydration becomes more essential than ever. Shake Your Plants (SYP) offers a fresh take on staying hydrated — going beyond plain water to transform every sip into a wellness boost. Understanding that proper hydration includes essential nutrients often lacking in diets, SYP delivers functional, plant-based drinks made from real fruits, vegetables, and superfoods — including 'ugly' produce to help reduce food waste. With added electrolytes to support key bodily functions and ingredients to promote gut health, SYP products are free from added sugar and come in sustainable packaging.

Visit shakeyourplants.com

Naturally Nutritious

M&S Food in the UAE has unveiled a tempting range of wholesome, convenient meals with a strong emphasis on plant-rich options. Whether you're looking to support gut health, increase your intake of plant-based foods, or simply enjoy a quick, nutritious bite, M&S Food offers something for everyone. Highlights include the woodfired Quattro Formaggi Pizza, made with a 30-hour slow-fermented, hand-stretched dough using speciality-grade flour; and deli favourites such as the Handcrafted Prawn Toast Wheels, made with responsibly sourced prawns, and the Hot Smoked Salmon Dill Dip. Look out for the M&S Eat Well Flower — a health seal endorsed by the British Nutrition Foundation.

Photographs SUPPLIED

Elevated Experience

mmi
BRINGING MORE TO LIFE
ENTRANCE
EXIT

MMI has launched its newly revamped store in Ras Al Khaimah, formerly Al Hamra Cellar, offering an exciting shopping experience. The vibrant venue brings together a wide selection of premium spirits and more, now under one spacious, upgraded roof. The location features the UAE's most comprehensive premium grape collection and a dedicated Le Clos shop-in-shop for exclusive labels, all backed by expert advice. Ras Al Khaimah's only walk-in chiller showcases a broad range of international and craft beverages. Added touches include interactive displays, a complimentary bottle engraving station for bespoke gifts, and a Costa cart serving curated food and drinks. With WSET-trained staff and ample parking with EV charging, it's a seamless stop for every kind of enthusiast.

SPIRITS
WINE
BEER

A NEW DESTINATION

Dubai Holding Asset Management has officially opened Nad Al Sheba Mall — a 500,000 sq. ft lifestyle and retail destination in the heart of Nad Al Sheba. Home to over 100 outlets spanning dining, fitness, retail, entertainment, healthcare, and essential services, the mall introduces a dynamic new hub to the city. Among the first to open are favourites such as Home Bakery, Joud Coffee, PDL Café, Parka, Homer Lobster, % Arabica, SALT, Fun City, and Spinneys, with FitnGlam, Fitcode, and Union Coop set to join soon.

For more information, visit nadalshebamall.ae.

Hands-On Masterclass

Explore the rich traditions of Spanish cuisine through an immersive experience at Salero Tapas & Bodega. The Art of Spain: A Spanish Cooking Experience – Paella Masterclass offers guests the chance to master Spain's most iconic dish. Led by Head Chef Esteban Monroy, the session begins with a sangria-making introduction before moving into a step-by-step paella-making workshop. Once prepared, guests can savour their dish alongside premium Spanish cold cuts. Participants will receive a Salero Paella Master certificate, with photo opportunities with the chef and their culinary creation.

May 13th and 27th, 6-8pm. AED 300 per person. +9714 409 5888.

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on Instagram

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join the goodfood Instagram community today

Flavours of the month

What's hot and happening around town this month

L'AMO BISTRO DEL MARE

Set at Dubai Harbour, L'Amo Bistro del Mare introduces a new Sunday lunch inspired by the warmth and charm of Italian coastal gatherings. Guests can enjoy sharing antipasti such as Angus Beef Carpaccio and Seafood Catalana, followed by comforting classics such as Calamarata Pasta with Seafood and Crespella alla Norma. Desserts include Pastiera Napoletana, Strawberry Soup with Vanilla Ice Cream, and assorted Pasticcini.

Sunday, from 1-4pm. AED325 per person. Contact + 9714 278 4800.

BOCA AND REVELRY

BOCA, Dubai's MICHELIN Green Star restaurant, collaborates with Bib Gourmand-awarded Revelry to present a cross-cultural tapas experience blending Spanish tradition with Indian creativity. The collaboration features a curated selection of eight signature tapas — four from each restaurant — available à la carte or as part of two set menu options. Dishes range from BOCA's Octopus Skewer and creamy Short Rib Rice to Revelry's Caramelised Onion Kachori and Butter Pepper Garlic Crab Pie Tee. Guests can enjoy the experience with flexible menu choices and thoughtful drink pairings.

Contact +9714 323 1833.

L'Amo Bistro del Mare

Photographs SUPPLIED

FOLLY BRASSERIE

This new breakfast experience offers a special weekend escape, set in a picturesque glasshouse surrounded by olive trees and flowing fountains. Diners can indulge in a degustation-style morning menu, beginning with artisanal teas, specialty coffees, and a trolley of freshly baked pastries. Elegant main courses follow, including Crab Crumpet, Cured Salmon with Poached Egg, and a decadent Breakfast Roll with Foie Gras. The experience concludes on a refreshing note with an exotic fruit plate, with optional bubbles available for a celebratory touch.

Saturday and Sunday, from Contact +9714 363 1248.

MAISON DALI

Maison Dali is set to open at The Opus by Zaha Hadid in Business Bay, offering a Mediterranean-Japanese brasserie experience led by Chef Tristin Farmer. The menu blends Japanese techniques with Mediterranean flavours, featuring inventive dishes, an interactive flambé trolley, and a creative plant-based selection, all complemented by an art-inspired beverage programme. Designed as an immersive, surrealist dining destination, Maison Dali boasts a photogenic interior, an intimate terrace, a private dining room, and a late-night supper club.

Contact +9714 257 9554.

VICEROY'S TABLE

This new fine-dining concept is inspired by colonial-era Gymkhana clubs, offering a modern take on Anglo-Indian cuisine. Dishes such as Champaran Mutton and Mysore Pak Tiramisu are presented with theatrical touches, creating a visually immersive and nostalgic dining experience. Set within interiors inspired by Kolkata and Pondicherry mansions, the space echoes heritage and grandeur while celebrating inventive dishes.

Visit viceroystable.com.

SUCRE

Sucre's Saturday brunch provides a taste of Argentina, serving up impressive dishes in a setting perfect for weekend gatherings. The menu, featuring renowned Argentinian Chef Fernando Trocca's creations, reflects a rich culinary heritage blending local flavours with Mediterranean influences. Guests can also enjoy a delightful live dessert presentation by Sucre's skilled pastry chefs.

Saturday, from 1-4pm. From AED370 per person. Visit sucrerestaurant.com/dubai.

LA CANTINE BEACH

This chic coastal venue fuses beach club ambience with an elevated Riviera-inspired dining, serving French Mediterranean dishes with a modern twist. The menu ranges from Tuna Ceviche and Oysters to signatures such as grilled Canadian Lobster and Oscietra Caviar Lemon Spaghetti. On Fridays, the Paris Meets Tokyo Brunch offers an East-meets-West experience with live entertainment and dishes from both La Cantine Beach and Gohan Bluewaters.

Friday, from 8-11pm. AED480 per person plus AED120 for bubbly. Contact +9714 556 6622.

Qatar

LPM DOHA

Following a brief refresh, this French Mediterranean restaurant on Al Maha Island reopens with the launch of its elegant La Vie En Rosé Saturday brunch. Designed to channel the charm of the Riviera, the new menu features seasonal and signature dishes including Provençal-style eggs, wild sea bream ceviche, grilled sirloin, and indulgent desserts like warm chocolate mousse and vanilla cheesecake. Guests can choose between non-alcoholic and bubbly-inclusive beverage packages, with a dedicated children's menu available as well.

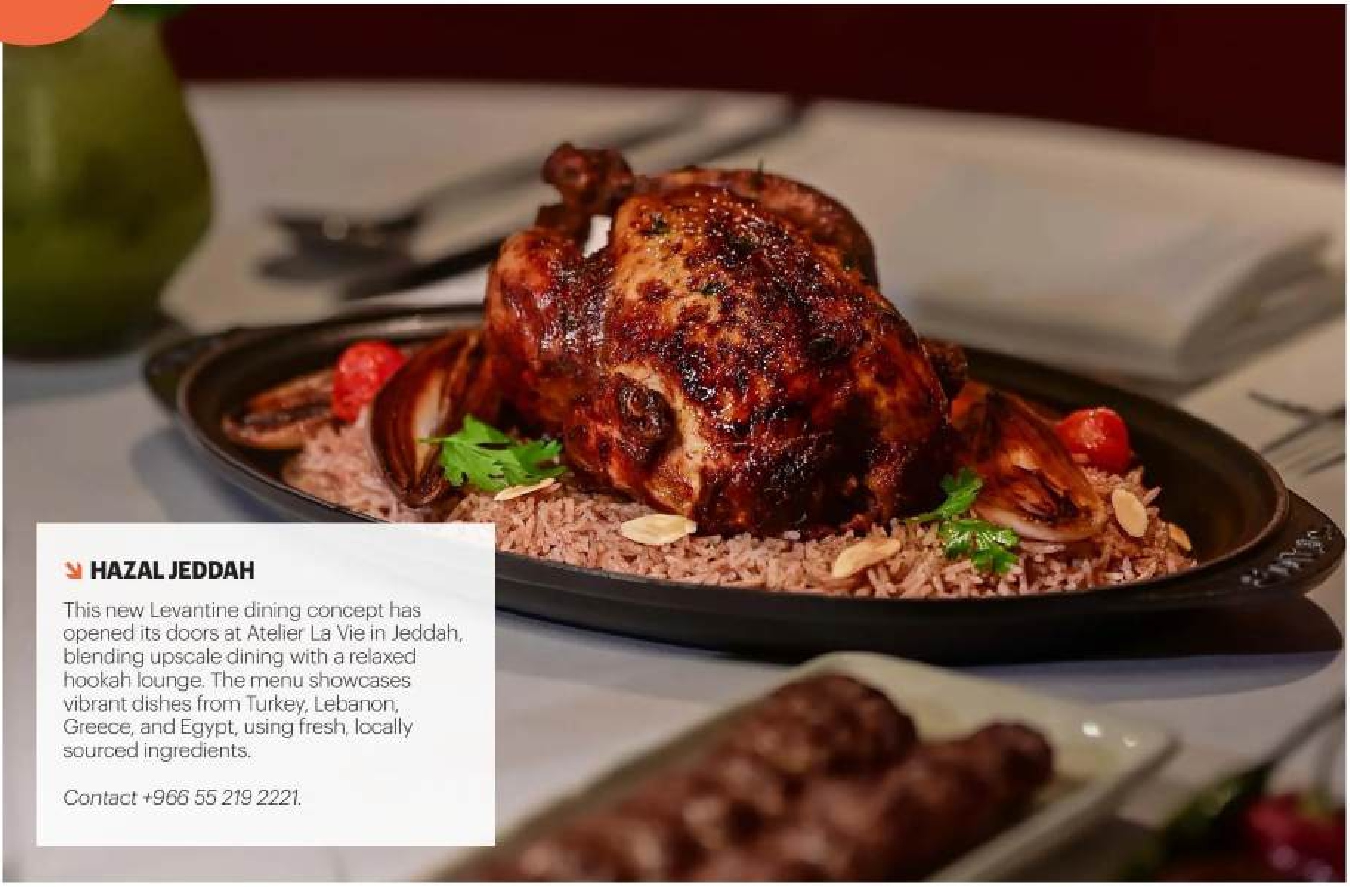
Contact +974 4420 9888.

CAFÉ L'OCCITANE

Café L'OCCITANE opens its second GCC location in Riyadh, bringing the essence of Provence to Mall 1364 in the Diplomatic Quarter. The elegant space offers wholesome French-inspired dishes, artisanal pastries, and L'OCCITANE's beauty products.

Visit sa.loccitane.com.

KSA



HAZAL JEDDAH

This new Levantine dining concept has opened its doors at Atelier La Vie in Jeddah, blending upscale dining with a relaxed hookah lounge. The menu showcases vibrant dishes from Turkey, Lebanon, Greece, and Egypt, using fresh, locally sourced ingredients.

Contact +966 55 219 2221.

Tried & tasted

Our top dining experiences this month

MYAMI RESTAURANT, BAR & LOUNGE

Set within the Marriott Resort Palm Jumeirah, Dubai, this venue channels a distinct South Beach spirit in a breezy, open-air setting that feels relaxed yet thoughtfully styled. Surrounded by warm sea air and glimpses of the city skyline, the venue captures a coastal atmosphere with a playful twist—mint-green panelling wraps the central bar, woven chairs line the space, and greenery spills from overhead shelves and corners.

The design flows naturally from bar seating to lounge areas, with every element, from soft lighting to earthy textures, curated to create a relaxing space. Hanging lanterns glow gently as the sun dips, while the backdrop of rhythmic music and cocktail shakers adds to the laid-back atmosphere.

The highlights

Once settled into our seats adjacent to the bar, we perused the menu and kicked things off with starters. The Crispy Calamari landed at the table hot and golden, with a light, crunchy coating and tender rings inside, paired with a creamy chilli aioli that packed a satisfying kick. The Loaded Fries brought a serious hit of flavour—piled high with juicy pulled beef, mashed avocado, spicy mayo, chives, and a bright, punchy papaya salsa that kept things from feeling too heavy.

For mains, the MYAMI Salad was a refreshing choice, full of crisp baby gem, sweet grilled shrimp, bursts of corn, creamy avocado, and crunchy plantain chips, all tied together with a light, zesty Caesar dressing. The Tropical Jerk Chicken was a favourite—the chicken nicely charred and juicy, with the sweet corn and lively mango-pineapple salsa adding just the right contrast, while the side of rice and black beans kept it hearty and satisfying.

Desserts kept the momentum going. The Chocolate Donut Cake hit all the right notes, rich without being too much, with caramelised pecans for crunch and a scoop of peanut butter ice cream melting into a glossy butterscotch sauce. The Citrus Cheesecake was light and playful, with a fluffy vanilla cream cheese espuma, zingy orange-ginger salsa, and a crisp lime sugar tuile giving it a refreshing, tart finish.

Book now
Contact +9714 666 1430.

EUROPE
ESSENTIALS

French Cheese:
Anytime, Anywhere, Anyhow

What's your Cheeseboard mood today?

Recreate, or get inspired by any of these beautiful cheese platters. Express your culinary mood with the endless variety of French cheeses.
So, what will it be today? Brie de Meaux,
Bleu d'Auvergne, Tomme de Savoie or Comté?

CHEESESofFrance

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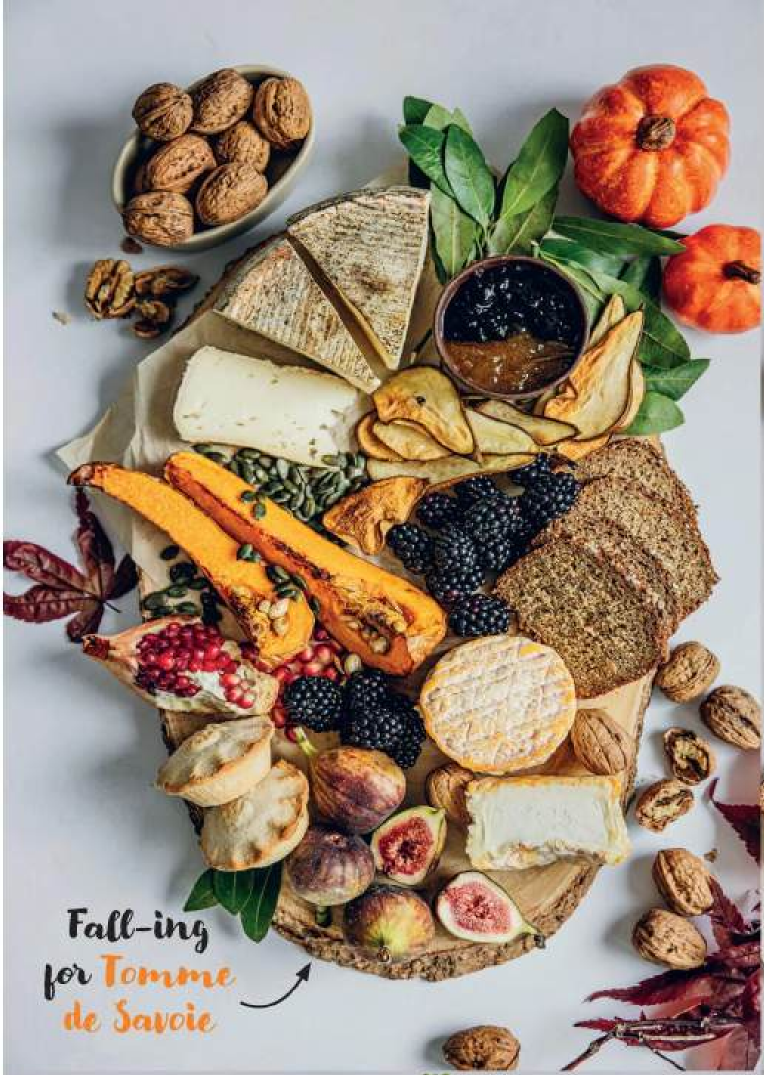
ENJOY IT'S FROM EUROPE



Fall-ing for Tomme de Savoie

Craving for Comté

Grumpy Blue

Brie-lightful mood

THE BEAM

Tucked within the gardens of Le Royal Méridien Beach Resort & Spa in Dubai Marina, The Beam is a bistro-style concept from celebrated chef Nick Alvis. Bathed in natural light and named for the beams that pour through its expansive windows, the restaurant marries European charm with Dubai's coastal appeal.

Inside, a palette of navy and white meets marble-topped tables and organic textures, while a solid wooden bar anchors the space. The real draw, however, is the garden terrace—a leafy, fountain-lined sanctuary that feels worlds away from the city's buzz, designed for long lunches and golden-hour dinners alike.

The highlights

The menu showcases seasonal, responsibly sourced ingredients across unfussy European dishes that let quality speak for itself. A fresh seafood counter, featuring daily catch from local waters, and a display of house-aged Westholme meat cuts add a subtle sense of theatre without stealing focus. Every detail, down to the recycled glassware handpicked by Alvis, has been considered with care.

The Beam's menu is a quietly confident celebration of produce-driven cooking, where European traditions are reimagined with a local, seasonal twist. Starters set the tone with the Strabena tomatoes arriving glistening, delicately layered over firm house-baked focaccia and generously mixed with pesto, then finished with a whisper of green chilli and crushed almond.

The Rosary ash goat's cheese mille-feuille is a visually gorgeous plate, with piped towers of tangy whipped cheese nestled between crisp pastry layers, each topped with glistening beetroot discs and vibrant micro leaves. Meanwhile, the sautéed Below Farm mushrooms feature a golden, wood-fired flatbread that is generously topped with garlicky sautéed Below Farm mushrooms, fresh parsley, and shaved raw mushrooms for a rich, aromatic finish.

Mains continue with the truffle-braised beef cheek and Portobello mushroom pie featuring an indulgent dish encased in golden, flaky shortcrust pastry, its slow-cooked filling rich with umami and the aroma of truffle. The sides we opted for were the cauliflower baked with Gruyère and clotted creamed potatoes, which were silky smooth.

The beverage programme keeps pace, with a sharp eye for global grapes from lesser-known regions and concoctions that lean inventive yet accessible, served from a striking central bar or via tableside theatre on bespoke trolleys. Desserts deliver a final flourish, most notably the Hazelnut caramel and cream-filled choux buns, crisp on the outside and filled with a nutty centre.

Book now
Visit thebeamdubai.com.

easy

Delicious, simple, and easy-to-make recipes

midweek meals
make meat go further **p18**

freeze
and reheat **p24**

perfect
peas **p30**

cake tin
the cherry on top **p36**

make meat go further

Use veg to make meat go further and you'll be saving money as well as bringing lots of flavour and texture

recipes HELENA BUSIAKIEWICZ *photographs* LIAM DESBOIS

Saucy curried noodle bowl with crispy chicken

Somewhere between a soup and a sauce, this spicy bowlful is perfect for slurping on a cool evening.

SERVES 2 **PREP** 10 mins
COOK 30 mins **EASY**

- 1 chicken breast, chopped into chunks
- 1 tbsp cornflour
- 2 tbsp vegetable oil
- 1 onion, finely chopped
- 2 garlic cloves, grated
- 2 tsp medium curry powder
- ½ tsp turmeric
- 400ml low salt chicken stock
- 2 tbsp coconut cream
- 300g stir-fry veg (ours was a mix of baby corn, broccoli and sugar snap peas)
- 300g straight-to-wok udon noodles
- 10g coriander, roughly chopped, to serve

1 Season the chopped chicken with salt and pepper, then toss through the cornflour. Heat 1 tbsp of the oil in a wok over a medium heat, then lower in the chicken and cook on all sides for 4-5 mins, until golden and crisp. Remove from the pan and drain on kitchen paper.

2 Pour in the remaining 1 tbsp oil, then fry the onion for 8-10 mins until softening and golden around the edges. Scatter in the garlic and cook for 1 min until fragrant. Add the curry powder and turmeric, cook for an additional 2 mins, stirring constantly, then pour in the chicken stock.

3 Bring to the boil, then stir in the coconut cream. Simmer and reduce for 3-4 mins until slightly thickened, then add the stir-fry veg and noodles and put the lid on. Cook for 4-5 mins until the veg is tender but still has a bite and the noodles are heated through.

4 Split between two bowls, top with the crispy chicken and scatter over the coriander.

GOOD TO KNOW fibre • 2 of 5-a-day
PER SERVING 581 kcals • fat 22g • saturates 7g • carbs 59g • sugars 10g • fibre 9g • protein 33g • salt 1.09g

plan your week

We know life is busy, so to make things easier we're sharing this handy cut-out list with everything you need for our midweek meals.

SHOPPING LIST

FRESH PRODUCE

- onions
- garlic cloves
- yellow pepper
- carrots
- spring onions
- coriander
- stir-fry veg (such as baby corn, broccoli and sugar snap peas)
- gnocchi

MEAT AND FISH

- 1 chicken breast
- 250g beef mince
- 4 sausages
- 75g diced pancetta or bacon lardons
- 75g chorizo

DAIRY AND CHILLED

- red leicester cheese
- cheddar
- grated parmesan
- eggs

STORE CUPBOARD

- vegetable oil
- cornflour
- medium curry powder
- turmeric
- low-salt chicken stock
- coconut cream
- straight-to-wok udon noodles
- fajita seasoning
- chipotle paste
- 400g can of black beans
- tortilla chips
- tortilla wraps
- paprika
- oregano
- white wine (optional)
- vegetable or chicken stock
- 560g can of small or baby potatoes, drained
- soy sauce or chili crisp

FREEZER

- frozen peas
- mixed frozen peppers
- frozen spinach

Per person costings do not include salt, pepper or oil

Chipotle beef, black bean & cheese crunchwrap

SERVES 4-6 **PREP** 15 mins
COOK 40 mins **EASY**

2 tbsp vegetable oil
1 onion, finely chopped
1 yellow pepper, finely chopped
250g beef mince
2 garlic cloves, grated
2 tbsp fajita seasoning
1 heaped tsp chipotle paste
400g can black beans, drained
5 tortilla wraps (the largest you can find)
100g red leicester cheese, grated
150g tortilla chips
salsa, soured cream and guacamole, to serve

1 Heat 1 tbsp of the vegetable oil in a large frying pan, then scatter in the onion and pepper. Cook for 5-8 mins until softening, then crumble in the mince and cook for 6-8 mins until the onion is softened and the beef is starting to crisp.

2 Stir in the garlic, fajita seasoning and chipotle paste. Mix well, then stir in the beans and season well.

3 Leave to cool for 5-10 mins. Cut 1 tortilla into quarters. Lay 4 tortilla wraps on your worktop, then top each one with a few tablespoons of the meat and bean mixture. Sprinkle over some cheese, then top each one with 4 tortilla chips. Don't be tempted to overfill. Put the quartered tortilla in the centre to cover the meat mixture, then start to tightly fold the wrap over the top. Repeat with the remaining meat and bean mixture and wraps so you have 4 crunchwraps.

4 Clean out the original pan with some kitchen paper, then heat the remaining oil. Cook the filled wraps for 3-4 mins on each side, until golden and the cheese is melted. Slice, then serve with bowls of salsa, soured cream and guacamole for dipping.

GOOD TO KNOW calcium • fibre • vit c • 1 of 5-a-day
PER SERVING 551 kcals • fat 26g • saturates 9g • carbs 52g • sugars 5g • fibre 7g • protein 23g • salt 2.14g

Tuscan sausage gnocchi

Removing the skins from sausages and breaking them up into small pieces means a little goes a long way.

SERVES 4 **PREP** 5 mins
COOK 25 mins **EASY** ❄ 🍷

- 1 tbsp olive oil
- 1 onion, sliced
- 4 sausages, skinned
- ½ tbsp paprika
- 1 tsp oregano
- 125ml white wine (optional)
- 200ml vegetable or chicken stock (or 325ml if not using wine)
- 100g frozen spinach
- 500g pack gnocchi
- 30g grated parmesan

1 Heat the oil in a large frying pan or saucepan on a medium heat and fry the onion for 6 mins until softened but not golden. Stir in the sausagemeat and break it up using a wooden spoon to create small pieces. Cook for 5 mins until beginning to brown.

2 Sprinkle in the paprika and oregano and stir. Cook for 1 min, then pour in the wine, if using, and cook for a few minutes until it's evaporated a little. Pour in the stock, season with freshly ground pepper and cook for 3 mins, then tip in the spinach and cook for 5-6 mins until defrosted.

3 Ensure the stock is simmering, then tip in the gnocchi and cook for 3 mins. Stir in most of the parmesan and serve with the remaining sprinkled over. *Leave to cool before freezing. Will keep frozen for two months. To reheat, defrost thoroughly, then heat up in the microwave until piping hot.*

GOOD TO KNOW low cal • fibre
PER SERVING 491 kcals • fat 16g • saturates 5g • carbs 64g • sugars 5g • fibre 9g • protein 14g • salt 1.82g

Red pepper & pancetta frittata

SERVES 4 **PREP** 5 mins
COOK 30 mins **EASY**

- 75g diced pancetta or bacon lardons
- 1 onion, chopped
- 250g mixed frozen peppers
- 560g can small or baby potatoes, drained
- 6 eggs, beaten
- 40g cheddar, grated
- salad, to serve (optional)

1 Fry the pancetta in an ovenproof non-stick frying pan (ours was 30cm) over a medium heat for 3-5 mins until the fat has dissolved and the meat is starting to crisp. Stir in the onion and reduce the heat to medium-low. Fry for 6-8 mins until the onion begins to soften, then add the peppers and potatoes and cook for 5-6 mins until the peppers have defrosted and the liquid has evaporated.

2 Heat the grill to high, then pour in the egg and two-thirds of the cheddar, and cook until the egg is about half-set, around 5 mins (it will puff up a little at the edges), then scatter over the remaining cheddar and grill for around 5 mins until the egg is completely cooked. Remove from the oven carefully – remember to use oven gloves for the handle as it will be very hot. Serve with salad, if you like.

GOOD TO KNOW low cal • vit c • 1 of 5-a-day • gluten free

PER SERVING 292 kcals • fat 16g • saturates 6g • carbs 17g • sugars 4g • fibre 3g • protein 18g • salt 1.6g

Chorizo egg fried rice

SERVES 3-4 **PREP** 15 mins
COOK 15 mins **EASY**

- 75g chorizo, finely chopped
- 1 bunch of spring onions, sliced, green and white parts separated
- 1 medium carrot, grated (no need to peel)
- 2 garlic cloves, crushed or finely grated
- 100g frozen peas
- ½ tsp vegetable or sunflower oil (optional)
- 300g cooked rice
- 2 eggs, beaten
- soy sauce or crispy chilli oil, to serve (optional)

1 Heat the chorizo in a large frying pan over a medium heat until it has released its oil and is beginning to brown slightly, around 3-5 mins.Add in the white parts of the spring onions along with the grated carrot and cook for 3-5 mins until the carrot has softened. Stir in the garlic and cook for a minute longer.

2 Tip in the peas and cook for 1-2 mins to defrost, then add the oil if needed – you want a little at the bottom of the pan, but the chorizo may have released enough in step 1.

3 Stir in the rice until everything is well mixed, then push the rice to the side of the pan and pour the eggs into the space. Cook for 30 seconds, then mix everything together again and cook for a few minutes until the egg is fully cooked. Scatter over the green parts of the spring onions and drizzle over some soy sauce or crispy chilli oil to serve, if you like.

GOOD TO KNOW low cal • 1 of 5-a-day • gluten free
PER SERVING (3) 325 kcals • fat 13g • saturates 4g • carbs 34g • sugars 7g • fibre 5g • protein 16g • salt 1.05g

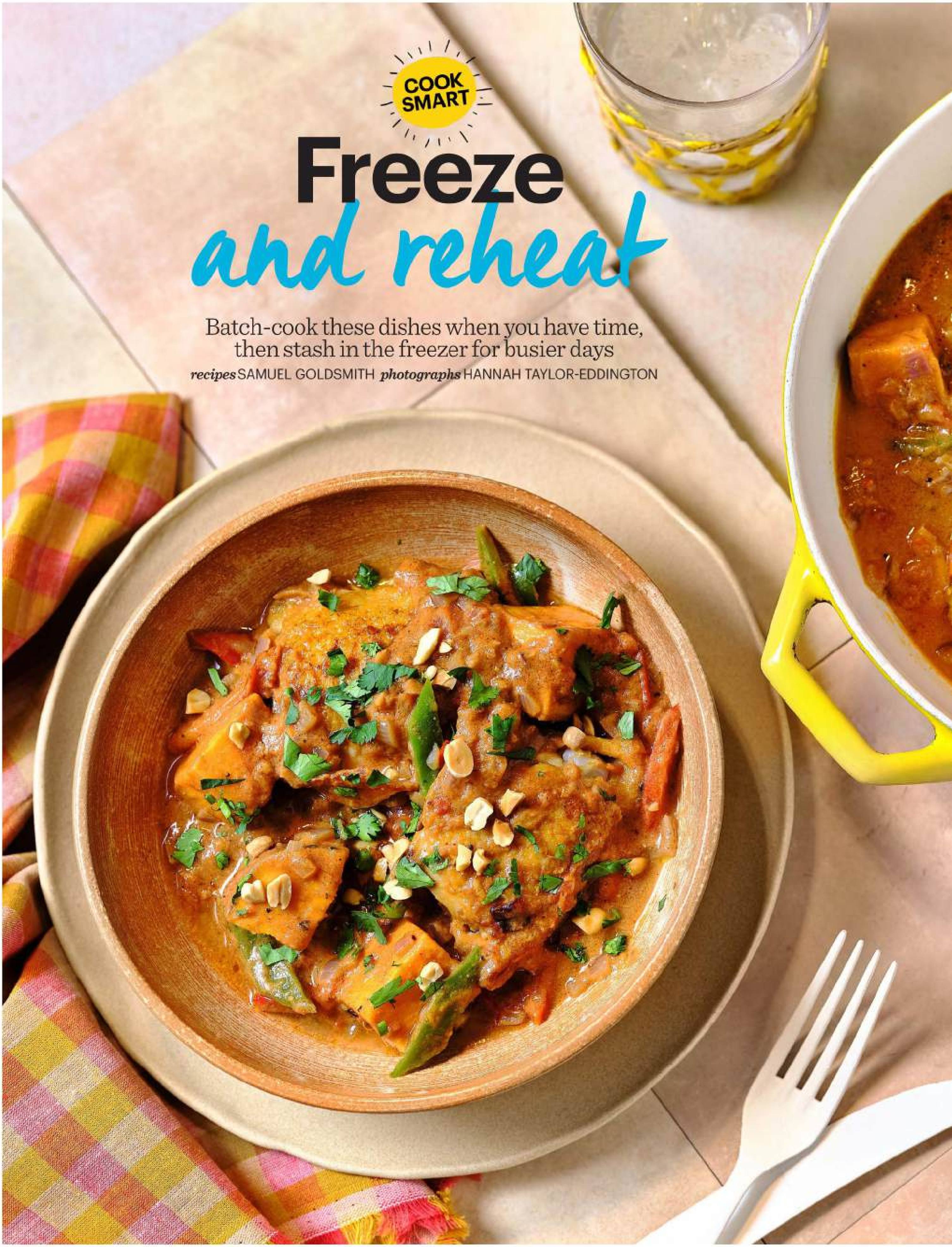
Shoot director LAURIE NEWMAN | Food stylist AMY KINNEAR | Stylist LUIS PERAL

COOK SMART

Freeze and reheat

Batch-cook these dishes when you have time, then stash in the freezer for busier days

recipes SAMUEL GOLDSMITH *photographs* HANNAH TAYLOR-EDDINGTON



Chicken, sweet potato & peanut stew

SERVES 4-6 **PREP** 30 mins
COOK 45 mins **EASY** ❄

- 1 tbsp vegetable oil
- 8 chicken thighs
- 2 red onions, finely chopped
- thumb-sized piece of ginger, finely grated
- 2 large garlic cloves, finely grated
- 2 tsp cumin
- 500g sweet potatoes, roughly chopped
- 120g peanut butter
- 500ml chicken stock
- 400g can chopped tomatoes
- 200g frozen peppers
- handful of chopped coriander and chopped peanuts, to serve

1 Heat the oil in a large, deep frying pan over a medium heat and brown the chicken thighs all over, about 5 mins. Remove the chicken from the pan, leaving behind the oil. Reduce the heat to medium-low, then add the onions and fry for 10-12 mins until softened but not golden. Stir in the ginger and garlic, and cook for a minute before stirring in the cumin. Cook for another minute.

2 Tip in the sweet potatoes, stir to coat, then fry for a few minutes until starting to soften. Stir in the peanut butter and pour in the chicken stock and chopped tomatoes. Swill out the can with a splash of water and pour that in, too. Mix in the frozen peppers, then cook, uncovered, for 25-35 mins until the chicken is cooked through and the sauce has thickened. Stir regularly to stop the sauce from catching. Scatter over the coriander and peanuts. *Can be frozen for up to three months and reheated from frozen, or defrost in the fridge overnight before reheating. Ensure it is piping hot throughout before serving.*

GOOD TO KNOW fibre • vit c • 2 of 5-a-day
PER SERVING (6) 518 kcals • fat 24g • saturates 6g • carbs 27g • sugars 12g • fibre 6g • protein 44g • salt 0.89g

Aubergine parmigiana lasagne

SERVES 6 **PREP** 30 mins plus cooling **COOK** 1 hr **EASY** V ❄

- 3 large aubergines, trimmed and thinly sliced lengthways
- 4 tbsp olive oil
- 250g vegetarian mozzarella, drained and coarsely grated
- 50g Italian-style hard cheese, grated
- bunch of basil, leaves picked and roughly chopped, plus extra to serve
- 8 dried egg lasagne sheets

For the sauce

- 2 tbsp olive oil
- 6 garlic cloves, finely sliced
- ¼ tsp golden caster sugar
- 1 tbsp red wine vinegar
- 3 x 400g cans chopped tomatoes

1 For the sauce, heat the oil in a large pan over a medium heat and fry the garlic for 1 min until golden. Add the sugar and vinegar, simmer for 30 seconds, then add the tomatoes. Season with salt and return to a simmer. Bubble for 10 mins, then remove from the heat and set aside. *Can be prepared up to two days ahead and kept chilled.*

2 Heat a griddle or large frying pan over a medium-high heat. Brush the aubergine slices on both sides with the olive oil and season with a little salt, then griddle in batches until the slices are softened and slightly charred (ensure the heat isn't too high or the aubergine will char before it softens). Transfer the cooked slices to a plate as you go.

3 To assemble, lay a third of the aubergine slices over the base of a rectangular or square gratin dish, then pour over a third of the sauce. Scatter over a small handful of both cheeses (you'll want to keep most of the cheese for the top) and half the basil, then top with half the lasagne sheets. Repeat once more, then finish with a final layer of aubergines topped with the rest of the sauce. Scatter over the remaining cheese. *After leaving to cool completely, the dish can be covered and chilled for up two days or frozen for up to three months. Defrost fully before cooking.*

4 Heat the oven to 200C/180C fan/gas 6. Put the dish on a baking tray and bake for 30 mins until the cheese is golden and the sauce is bubbling at the edges. Leave to cool for at least 10 mins, then scatter with the reserved basil and serve. *The cooked lasagne will keep frozen for up to three months, covered with foil. Defrost thoroughly, uncover and bake as stated above. Or, to cook from frozen, bake at 180C/160C fan/gas 4 for 40 mins. Remove the foil, turn the oven up to 200C/180C fan/gas 6 and bake for a further 30 mins.*

GOOD TO KNOW fibre • vit c • calcium • 2 of 5-a-day
PER SERVING 466 kcals • fat 23g • saturates 9g • carbs 41g • sugars 12g • fibre 7g • protein 20g • salt 0.6g

Sausage & egg muffins

SERVES 12 **PREP** 30 mins
COOK 30 mins **EASY** ❄ ◘

500g beef mince
500g pork mince
1 tsp garlic powder
2 tsp mixed dried herbs
12 eggs
1 tsp vegetable oil
ketchup (optional)
12 English muffins, toasted
12 slices burger cheese

1 Heat the oven to 180C/160C fan/gas 4. Combine the beef and pork mince, garlic powder, dried herbs and 1 tsp each salt and black pepper in a large bowl, then form into 12 evenly sized balls. Set aside.
2 Beat the eggs in large jug with $^1/_2$ tsp each salt and black pepper. Pour into a baking tray lined with baking parchment (about 30 x 20cm) and bake for 15-20 mins until the egg is cooked through.
3 While the egg is cooking, heat the oil in a large frying pan and cook the sausage patties – put three or four of the meatballs in the frying pan and press down using a potato masher or large spoon to flatten. After 2-3 mins, flip over and repeat, frying until they're cooked through, about 6 mins in total.
4 Assemble by squirting ketchup (if using) on the bases of the muffins, then top with the cheese, egg, sausage patties and more ketchup, if you like. Pop the tops on the muffins. *Wrap well in baking parchment and freeze in an airtight container for up to one month. To reheat, defrost in the fridge overnight, remove the baking parchment and microwave on high for 30 seconds, then turn and microwave for a further 30 seconds, check the internal temperature then repeat in 10-20 second blasts until cooked. Alternatively, reheat in the oven at 180C/160C fan/gas 4 for about 10 mins.*

PER SERVING 437 kcals • fat 22g • saturates 9g • carbs 26g • sugars 3g • fibre 2g • protein 33g • salt 2.11g

Frozen pineapple daiquiri

SERVES 4-6 **PREP** 5 mins **EASY** **V** ❄ 🍸

500g frozen pineapple chunks
150-200ml white rum
2 limes, juiced
4 tbsp maple syrup

Put all the ingredients in a blender and blitz until smooth. Taste and add more rum, if you like. Pour into an airtight container and freeze. Remove from the freezer and serve when ready. *Will keep frozen for a few months.*

GOOD TO KNOW vegan • gluten free
PER SERVING (6) 151 kcals • fat 0.5g • saturates 0.1g • carbs 20g • sugars 18g • fibre 0.5g • protein 0.6g • salt 0.03g

GF tip

Tropical dessert
Not just a cocktail, try serving this as a refreshing summer dessert.

Sunday sauce

SERVES 6-8 **PREP** 30 mins
COOK 3 hrs 30 mins **EASY** ❄ P 🍷

- 2 tbsp olive oil
- 2 large pork chops
- 500g beef stewing steak, cut into large chunks
- 2 carrots, chopped
- 2 celery sticks, chopped
- 2 onions, chopped
- a few thyme sprigs
- 250ml red wine
- 680g jar passata
- 400g can tomatoes

1 Heat the oil in a large saucepan over a medium heat and brown the pork chops. Remove to a plate, leaving behind the oil, then brown the stewing steak. Remove the steak to the plate with the pork chops. Don't wipe the pan clean.

2 Reduce the heat to medium-low and fry the carrots, celery and onions, covered, for 12-15 mins until softened. Stir in the thyme and red wine, and cook for a few minutes before stirring in the passata and tomatoes. Season well.

3 Put the chops and beef back in the pan and cook for up to 3 hrs over a low heat, simmering gently until the meat is tender and the sauce has thickened nicely. Once cooked, break up the pork chops, removing the bones and fat. *Leave to cool and freeze in batches for up to three months. To reheat, defrost fully and reheat in a pan until piping hot.* Serve with pasta, rice or potatoes.

GOOD TO KNOW healthy • 2 of 5-a-day • gluten free
PER SERVING (8) 259 kcals • fat 11g • saturates 3g • carbs 9g • sugars 8g • fibre 3g • protein 25g • salt 0.25g

Shoot director JORDAN EDMONDS-MOORE | Food stylist JAKE FENTON | Stylist FAYE WEARS

Top 5 foods to freeze

Frozen veg
This gives you an easy way to add one of your five-a-day as well as a pop of colour to meals. The other great thing about frozen veg, like peas, is that they've been picked and frozen in around 2 hrs 30 mins so they hold much more of their flavour and nutritional value than what is sold as 'fresh'. Frozen veg can also be cooked straight from the freezer. Having frozen chopped onions is also a game-changer.

Meat & fish
Mince, prawns, sustainable white fish and individual chicken breasts are all great freezer staples. You can simply pull out what you need to defrost or cook from frozen. Shivi Ramoutar's tip (opposite) of freezing mince flat is clever as it's easier to snap off a portion.

Sliced bread
Stock up, freeze and toast from frozen. You'll always have a quick breakfast or lunch to hand.

Berries
Frozen fruits are a good standby when the fresh option isn't in season, plus you can blitz from frozen to make a smoothie. Fruits such as berries can simply be left to defrost the evening before and stirred through oats or porridge.

Herbs & garlic
Cubes of chopped herbs and garlic are great for adding a quick hit of flavour. These are readily available at the supermarket but you can also make your own by combining chopped herbs or garlic with a drizzle of oil and freezing portions in an ice cube tray.

Handy extras

- **Curry leaves**
- **Soffrito mix**
- **Chillies**
- **Béchamel sauce**
- **Croissants**

Food writer Shivi Ramoutar's best freezer hacks
'With cooking from frozen, there's a lot of confusion about what you can refreeze, and people worry about getting sick. When it comes to meat, if it's frozen raw, once you've cooked it, you can freeze it. But you can't defrost cooked meat, cook it and then freeze it again.

'I often freeze things in a freezer bag, and pat it out, so it's really thin. You can then break bits off, so it doesn't take long to defrost. Once thing I do a lot is a base mince. I start with raw mince, all the veg, mushrooms, lentils, carrots and onions. Then when I need it, I can just break it off, chuck it into hot oil, and because it is so thin, it will cook quickly and evenly.'

COOK SMART

Perfect peas

So much more than a side, this freezer staple is the star of the show in speedy dishes from our senior food editor

Samuel Goldsmith

photographs MOWIE KAY

Samuel Goldsmith is Good Food's senior food editor and host of the Good Food Podcast. He published his first book, *The Tinned Tomatoes Cookbook* in 2024 and his second, *The Frozen Peas Cookbook* is out now. *@SamuelWGoldsmith*

Thai-spiced pea & coconut soup

When I told my friend Lindsay that I was writing a cookbook based around frozen peas, she insisted that I include this chilled soup. I have made a few little tweaks to her original recipe, and if you're not a chilled soup fan, this is also lovely served warm.

SERVES 4 **PREP** 10 mins plus cooling
COOK 20 mins **EASY** **V**

1 tbsp sunflower or vegetable oil
1 onion, finely chopped
1 lemongrass stick, tough outer leaves removed, finely sliced
large handful of coriander, leaves and stalks separated, chopped
1 large garlic clove, crushed
2 tbsp Thai green curry paste (vegetarian or vegan, if necessary)
1 lime, zested and juiced
500ml vegetable or chicken stock
400ml can full-fat coconut milk
500g frozen peas
1 red chilli, sliced (deseeded if you prefer it milder)
handful of unsalted peanuts, chopped

1 Heat the oil in a large pan over a medium heat. Add the onion and lemongrass and fry for 4-5 mins or until the onion has softened and the lemongrass smells fragrant. Stir in the coriander stalks and garlic, then cook for 1 min. Add the curry paste and lime zest and cook for a further 1 min, stirring until everything is coated in the paste.

2 Pour in the lime juice, stock and all but a couple of tablespoons of the coconut milk, then bring to a simmer. Add the frozen peas, bring everything back to a simmer and cook for 2-3 mins or until the peas are warmed through and tender.

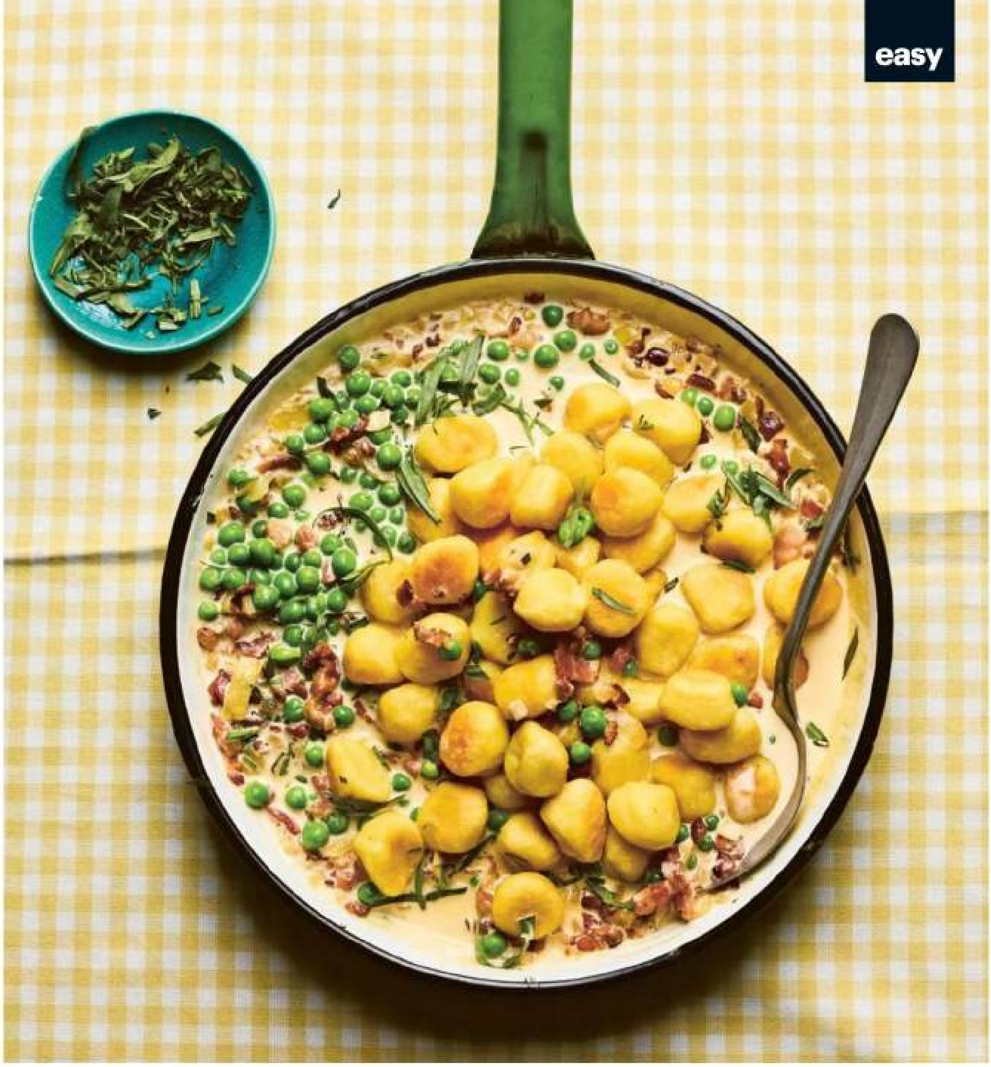
3 Blitz the soup using a hand blender until smooth. Leave to cool to room temperature or chill in the fridge until cold.

4 Ladle the soup into bowls, drizzle over the reserved coconut milk, then scatter over the coriander leaves, sliced chilli and chopped peanuts.

GOOD TO KNOW fibre • vit c • 2 of 5-a-day
PER SERVING 381 kcals • fat 25g • saturates 16g • carbs 21g • sugars 12g • fibre 8g • protein 13g • salt 1.02g

Samuel's tip

You can also make this meaty by adding some shredded cooked chicken along with the peas in step 2.



Pan-fried gnocchi with peas in a creamy tarragon sauce

Tarragon and peas is a great combination. A quick and easy way to add a hit of flavour, tarragon is a herb that can overpower dishes, so I've not used too much of it here. Try adding just a single tablespoon first, then stir through a little more if you like.

SERVES 2-4 **PREP** 5 mins
COOK 25 mins **EASY**

1/2 tbsp oil
1 onion, chopped
200g unsmoked or smoked bacon lardons
500g ready-made gnocchi
150ml vegetable or chicken stock
150ml double cream
2 tbsp chopped tarragon
200g frozen peas

1 Heat the oil in a large frying pan over a medium heat. Add the onion and fry for 5 mins or until softened and beginning to brown.

2 Stir in the bacon and fry for 5-6 mins or until golden, crisp and the fat has been released.

3 Tip the gnocchi into the pan and fry for 2-3 mins or until starting to brown a little, stirring them carefully to ensure they don't break up. Transfer the cooked gnocchi to a plate and set aside.

4 Combine the stock and cream in a jug and pour the mixture into the pan. Season well with salt and pepper, then bring to a simmer and cook for 1 min. Stir in the tarragon and frozen peas, then cook for a further 2 mins or until the peas are warmed through and tender. Return the gnocchi to the pan, gently stir into the sauce and cook for 1-2 mins or until the gnocchi are warmed through. Serve immediately.

GOOD TO KNOW fibre
PER SERVING 543 kcals • fat 34g • saturates 17g • carbs 42g • sugars 6g • fibre 6g • protein 13g • salt 1.85g

Samuel's tip

You can make this dish vegetarian by omitting the bacon, although you may want to add a little saltiness by grating over some vegetarian Italian hard cheese just before serving.

Pea, pistachio & matcha cake

This cake is a real green extravaganza. I love matcha; this is mostly down to my fabulous colleague, Helz, who would regularly make us matcha lattes to kick off our day. I think the flavour goes well here – with the peas and pistachios, it's a green triple threat. I use lime juice in the glaze to add a bit of zing, but you can use milk.

SERVES 10-12 **PREP** 15 mins plus cooling **COOK** 1 hr **EASY** **V**

115ml sunflower or vegetable oil, plus extra for the tin
125g frozen peas
200g natural yogurt
75g pistachios, roughly chopped, plus extra to decorate
1 tsp vanilla extract
3 eggs
175g caster sugar
200g self-raising flour
½ tsp baking powder
1 tbsp matcha powder
1 lime, zested

For the glaze

125g icing sugar
½ tsp matcha powder
1½ tbsp lime juice (or milk)

1 Heat the oven to 180C/160C fan/gas 4. Oil a 1.5-litre loaf tin and line with baking parchment. Put the frozen peas in a heatproof bowl and cover with freshly boiled water to defrost. Leave for a few minutes, then drain. Tip the peas into a food processor, add half of the yogurt and blitz until smooth. Throw in the pistachios and blitz until coarsely chopped. Set aside.

2 In a mixing bowl, combine the oil, vanilla extract and eggs, then stir in the remaining yogurt, sugar and pea and pistachio mixture. Fold in the flour, baking powder and matcha powder along with the lime zest.

3 Pour the cake batter into the prepared loaf tin and bake for 45 mins-1 hr or until risen, golden and a skewer inserted into the cake comes out clean. Remove the cake from the oven and leave to cool in the tin for 15 mins before lifting out onto a wire rack to cool completely.

4 Meanwhile make the glaze. Mix the icing sugar with the matcha powder and enough milk or lime juice to make a thick, smooth paste.

5 Once the cake is cool, pour the glaze over the cake. Don't worry if the glaze dribbles down the sides – this only adds to its beauty. Scatter over a few extra chopped pistachios and serve. *Will keep in an airtight container for up to three days.*

PER SERVING (12) 323 kcals • fat 14g • saturates 2g • carbs 42g • sugars 27g • fibre 2g • protein 6g • salt 0.28g

Samuel's tip

Matcha is a very specific flavour. If you haven't tried it before, I recommend grabbing an iced matcha or similar drink at a coffee shop before trying this recipe. If you don't like matcha or don't want to use it, just leave it out – the cake will still be delicious, nutty and citrussy.

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Discover it now elderflower

Barney Desmazery sings the virtues of a lesser used ingredient at its seasonal peak

Elderflower, with its delicate white (and sometimes pink) blossom, is one of the most iconic scents of a British summer. Found in hedgerows, woodlands and urban spaces from mid-May to early July, its fragrance is sweet and floral, making it a sought-after ingredient to use in everything from drinks to desserts.

For the best flavour, pick elderflowers on dry, sunny mornings when they're in full bloom. Avoid harvesting after rain as this washes away the pollen, which holds much of the aroma. Choose flowers that are fresh and full of yellow pollen, steering clear of any that are browning. As elder trees produce berries later in the year, only take what you need, leaving plenty behind for wildlife.

In the kitchen, washing the flowers is a personal choice, as this will remove pollen and lessen their aroma. If you're infusing and straining, a gentle shake should be enough to remove any insects.

Cordial is the most popular way to preserve elderflowers, and it can be used in drinks, poaching syrups, custards or ice creams. Or, infuse into vinegar for salad dressings. You can also dip the elderflowers in a light batter, then fry and toss in sugar for fritters. What grows together, goes together – which means that elderflowers pair well with summer fruits like gooseberries, strawberries and raspberries.

Quick idea

Elderflower cordial

● Dissolve **1.25kg sugar** in 750ml water over a medium heat, stirring. Bring to the boil, then remove from the heat. Add the **zest of 1 lemon**, **10 elderflower heads** and **40g citric acid**. Stir, cover and leave to infuse for 24 hrs. Line a colander with a clean tea towel and set over a bowl. Strain the syrup, discarding the solids. Decant into sterilised bottles. *Will keep chilled for up to six weeks or frozen for three months.*

PHOTOGRAPHY: WESTEND61 / GETTY

Strawberry & elderflower cobbler

A popular dish in the US, a cobbler has a fruit filling with a fluffy, dumpling-like scone topping. The combination of strawberries and elderflower sings of early British summertime. Serve with vanilla ice cream or clotted cream for an easy and satisfying pud.

SERVES 6-8 **PREP** 15 mins
COOK 40 mins **EASY** V

- 1kg strawberries, any large ones halved
- 1 vanilla pod, split
- 1 lemon, zested and juiced
- 40g light brown soft sugar
- 80ml elderflower cordial (see left)
- 1½ tbsp cornflour
- clotted cream or vanilla ice cream, to serve

For the topping

- 150g self-raising flour
- 50g golden caster sugar
- 100g unsalted cold butter, cut into cubes
- 80-100ml buttermilk
- 30g demerara sugar

1 Heat the oven to 200C/180C fan/gas 6. Toss the strawberries, vanilla pod, lemon zest and juice, the brown sugar and cordial together in an oval ovenproof dish (ours was 25cm). Roast for 10 mins, or until the strawberries are jammy but still holding their shape. Remove the vanilla pod and discard. Mix a little of the roasting juices with the cornflour, then add this back into the strawberries, mixing well.

2 For the cobbler topping, combine the flour, sugar and a pinch of salt. Rub the butter into the flour mixture using your fingertips, then swiftly stir in 80ml buttermilk. If it looks dry, stir in the remaining 20ml. Spoon the cobbler mixture over the strawberry base (about eight large spoonfuls), sprinkle over the demerara sugar and bake for 25-30 mins, or until the topping is lightly golden brown. Leave to rest for 10 mins, then serve with clotted cream or ice cream.

GOOD TO KNOW folate • fibre • vit c • 1 of 5-a-day
PER SERVING (8) 290 kcals • fat 11g • saturates 7g • carbs 41g • sugars 25g • fibre 6g • protein 3g • salt 0.2g

The cherry on top

Bake a crowd-pleaser over the weekend

recipe CASSIE BEST ***photograph*** LAURA EDWARDS

Chocolate cherry cola cake

The cola in the cake batter results in a super-soft, light crumb.

SERVES 24 **PREP** 25 mins plus cooling **COOK** 30 mins **EASY** **V**

- 200ml vegetable oil, plus extra for the tin
- 275g plain flour
- 100g cocoa powder
- 1 tbsp baking powder
- 1 tsp bicarbonate of soda
- 250g golden caster sugar
- 150ml natural yogurt
- 250ml cherry or plain cola
- 3 eggs

For the icing and decoration

- 50g butter
- 250g icing sugar
- 2-3 tbsp milk
- few drops of pink food colouring
- rainbow sprinkles, cocktail cherries and cola bottle sweets (optional)

1 Heat the oven to 180C/160C fan/gas 4. Oil the base and sides of a 34 x 25cm roasting or cake tin (at least 2½cm deep) and line with baking parchment. Combine the flour, cocoa, baking powder, bicarb, sugar and a good pinch of salt in a large bowl. Break up any lumps of sugar by rubbing between your fingers, shaking the bowl to bring them to the surface.

2 Whisk the oil, yogurt, cola and eggs together in a jug, then pour the wet ingredients into the dry. Stir well, ensuring no pockets of flour remain, then pour into the tin and bake for 30 mins until a skewer inserted into the centre comes out clean. If any wet mixture clings to the skewer, bake for 5 mins more. Cool in the tin for at least 20 mins.

3 For the icing, melt the butter in a pan over a low heat. Remove from the heat and stir in the sugar, milk and food colouring. Spread the icing over the cake, then decorate with the sprinkles, cherries and sweets, if using. Leave to set, then cut into squares. *Will keep in an airtight container for up to five days.*

PER SERVING 251 kcals • fat 12g • saturates 3g • carbs 32g • sugars 22g • fibre 1g • protein 4g • salt 0.35g

Shoot director LAURIE NEWMAN | Food stylist JESSICA RANSOM | Stylist FAYE WEARS

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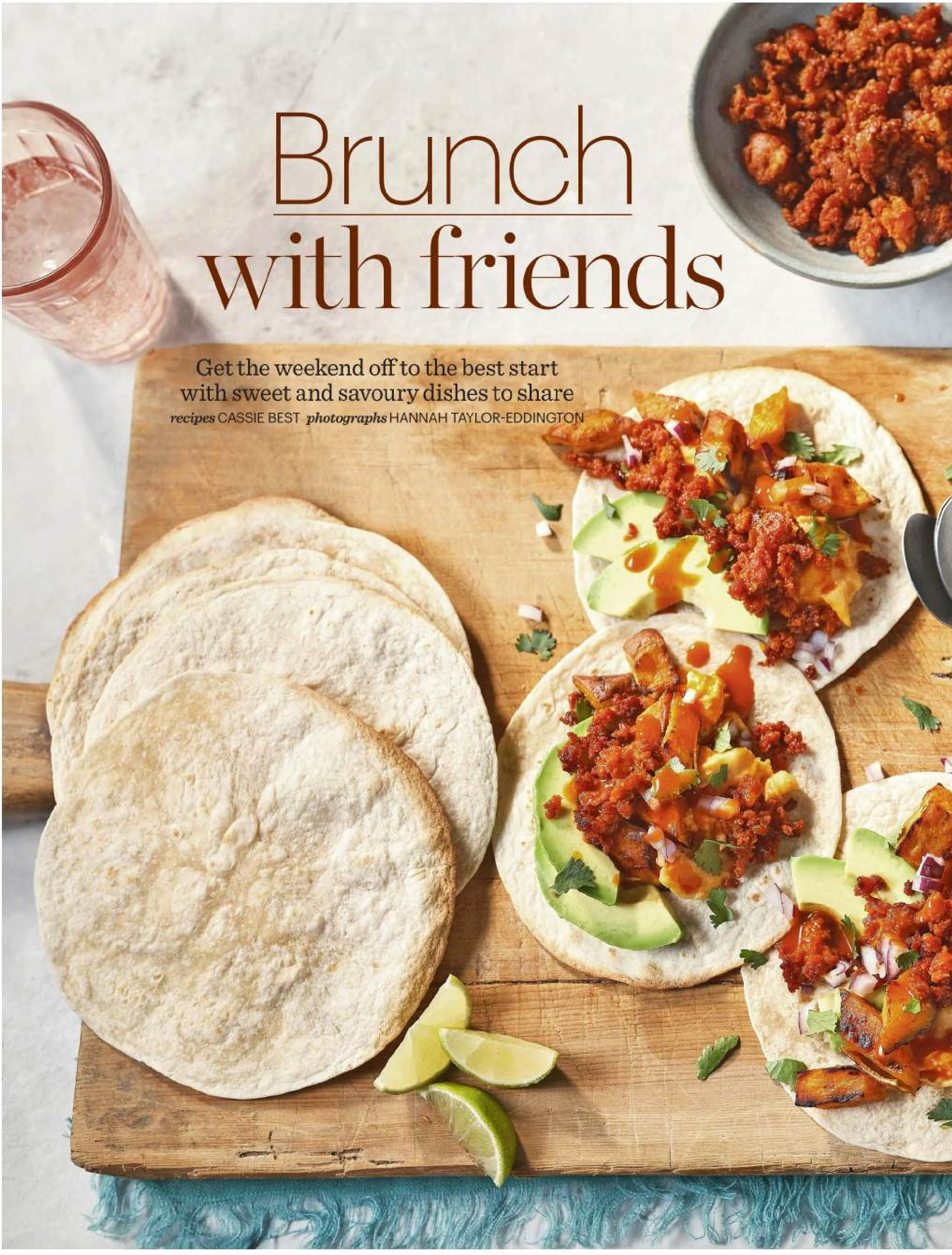
weekend

Mouthwatering dishes to dig into with your family and friends

Brunch with friends

Get the weekend off to the best start with sweet and savoury dishes to share

recipes CASSIE BEST *photographs* HANNAH TAYLOR-EDDINGTON



Chorizo & sweet potato breakfast tortillas

This is a great breakfast to make last-minute and it all comes together in under an hour. The recipe is easily doubled if you have unexpected guests.

SERVES 4 **PREP** 15 mins
COOK 35 mins **EASY**

- 2 medium sweet potatoes, cut into 1cm cubes
- 1 tbsp olive oil
- 200g cooking chorizo
- 8 small soft flour tortillas
- 6 eggs
- 1 avocado, halved and sliced
- ½ small red onion, finely chopped
- 1 lime, cut into wedges
- small bunch of coriander, chopped
- hot sauce, to serve

1 Heat the oven to 200C/180C fan/gas 6. Spread the sweet potatoes on a baking tray and drizzle with olive oil. Season with a pinch of salt and pepper and roast for 30-35 mins, tossing halfway through, until tender and slightly caramelised. Remove from the oven and set aside.

2 Meanwhile, heat a large frying pan over a medium heat. Remove the chorizo casing and break the sausage up in the pan. Cook for 10-12 mins, until the chorizo is browned and crispy. Remove from the pan with a slotted spoon and set aside, leaving a little of the rendered fat in the pan.

3 Stack the flour tortillas on foil, wrap them and put in the oven for the final 5 mins of the sweet potato cooking time.

4 In a bowl, whisk the eggs with a pinch of salt and pepper. Cook the eggs over a medium-low heat in the same frying pan used to cook the chorizo. Stir gently with a spoon and remove from the heat just before they're fully set (they will continue to cook in the residual heat).

5 Put the tortillas on a big serving platter for everyone to help themselves. For each tortilla, layer first with scrambled eggs, then sweet potato and crispy chorizo. Add a few slices of avocado on top, a sprinkling of raw onion, a squeeze of lime, some torn coriander and a drizzle of hot sauce.

GOOD TO KNOW fibre • vit c • 1 of 5-a-day
PER SERVING 674 kcals • fat 35g • saturates 11g • carbs 56g • sugars 8g • fibre 8g • protein 30g • salt 3.2g

tip

Serve it with

A spiced bloody mary or virgin mary would be the perfect accompaniment to this breakfast.

Hummus & halloumi brunch board

Find yourself a big wooden board or platter to serve up this meze-style brunch, made for grazing.

SERVES 6 **PREP** 25 mins
COOK 25 mins **EASY V**

6 eggs
drizzle of olive oil, for frying
2 x 250g blocks halloumi, sliced
1 tbsp honey
pinch of dried chilli flakes
1 tsp sumac
flatbreads or za'atar croissants (see recipe, right), to serve

For the hummus

2 x 400g can chickpeas, drained (liquid reserved)
2 tbsp tahini
2 garlic cloves, roughly chopped
1 lemon, juiced
4 tbsp extra virgin olive oil, plus a drizzle to serve
2 tbsp toasted pine nuts

For the salad

1 cucumber, diced
1 red onion, diced
100g black olives
200g tomatoes, diced
70g pomegranate seeds
2 tbsp extra virgin olive oil
1 tbsp red wine vinegar
½ tsp dried mint
small bunch of parsley, leaves picked and chopped

1 First make the hummus. Set aside 2 tbsp chickpeas, tip the rest into a blender with 4 tbsp liquid from the can (save the rest for another recipe – see tip, right) Add the tahini, garlic, lemon juice, 4 tbsp olive oil and a good pinch of salt. Blend until smooth, then check the taste and consistency. Add a little more lemon or salt if the flavour needs a lift, and a splash more chickpea water if it's too thick – it should be silky smooth. *Will keep chilled for up to three days.*

2 Combine all the ingredients for the salad with some seasoning. You can do this up to an hour before serving, just add the parsley at the last minute.

3 Bring a pan of water to a gentle boil. Carefully drop the eggs into the water and bring back to a simmer, cook for 7 mins, then plunge the eggs into a bowl of cold water. When cool enough to handle, peel the eggs.

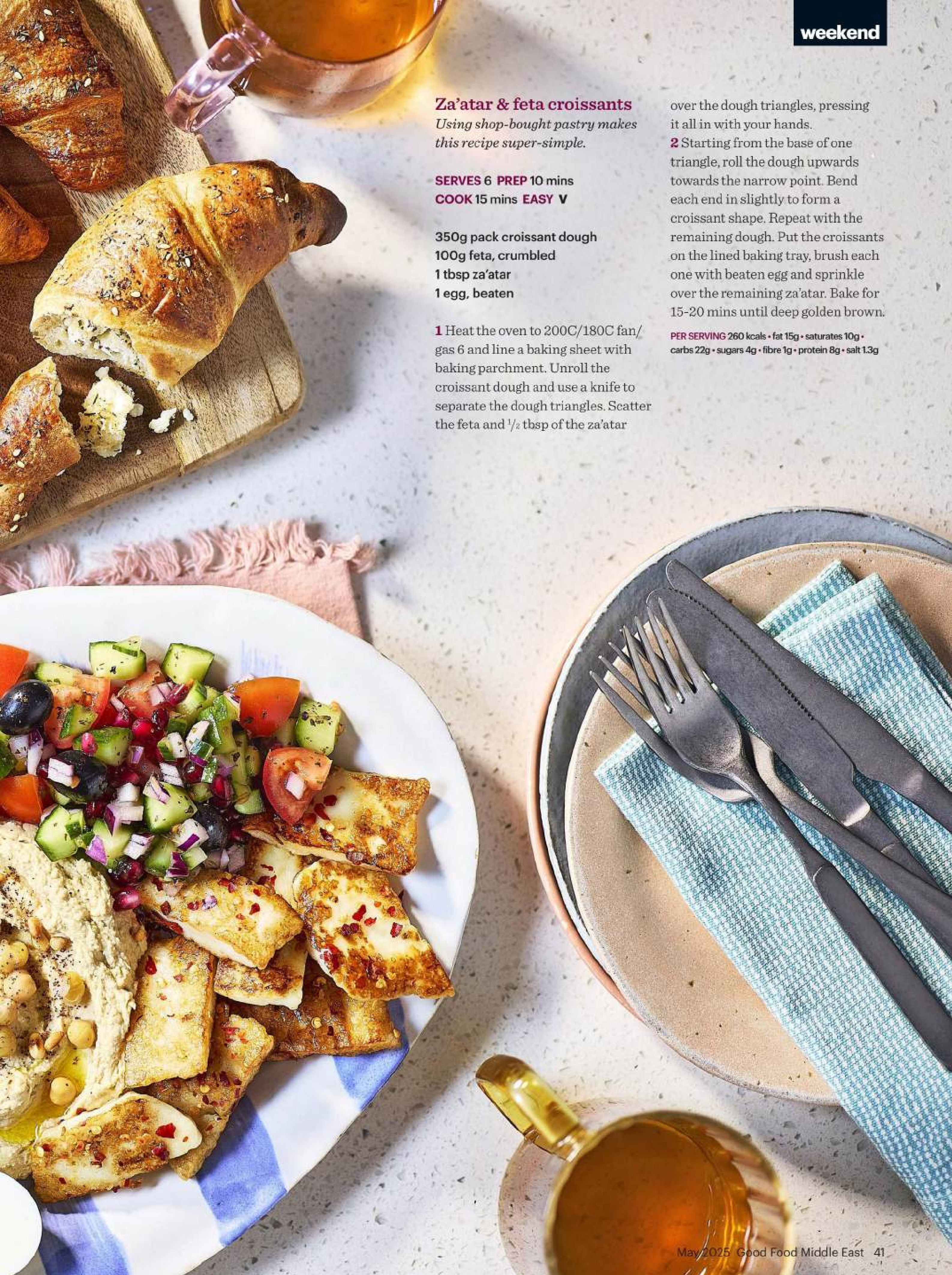
4 Heat a drizzle of olive oil in the frying pan, cook the halloumi for 3 mins on each side until golden and crispy. Drizzle with honey and a pinch of chilli flakes.

5 Get a large platter or board ready to assemble your breakfast. Transfer the hummus to a shallow bowl and put it in the centre of the board, spoon the reserved chickpeas and toasted pine nuts over the hummus, drizzle with olive oil and sprinkle over a little of the sumac. Halve the eggs and arrange them in one corner of the board, season with flaky salt and the remaining sumac. Spoon the salad into another corner and pile up the halloumi in another. Serve with flatbreads or za'atar croissants (see recipe, right).

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 688 kcals • fat 48g • saturates 18g • carbs 22g • sugars 9g • fibre 8g • protein 37g • salt 3.3g

gf tip

The liquid from a can or jar of chickpeas (aquafaba) is rich in protein and can replace egg in many recipes. Try using it to make vegan meringues or cakes. Go to *bbcgoodfoodme.com* for a recipe.



Za'atar & feta croissants

Using shop-bought pastry makes this recipe super-simple.

SERVES 6 **PREP** 10 mins
COOK 15 mins **EASY** **V**

350g pack croissant dough
100g feta, crumbled
1 tbsp za'atar
1 egg, beaten

1 Heat the oven to 200C/180C fan/gas 6 and line a baking sheet with baking parchment. Unroll the croissant dough and use a knife to separate the dough triangles. Scatter the feta and 1/2 tbsp of the za'atar over the dough triangles, pressing it all in with your hands.

2 Starting from the base of one triangle, roll the dough upwards towards the narrow point. Bend each end in slightly to form a croissant shape. Repeat with the remaining dough. Put the croissants on the lined baking tray, brush each one with beaten egg and sprinkle over the remaining za'atar. Bake for 15-20 mins until deep golden brown.

PER SERVING 260 kcals • fat 15g • saturates 10g • carbs 22g • sugars 4g • fibre 1g • protein 8g • salt 1.3g

Jammy berry granola crisp

This is essentially a crumble in breakfast form: juicy berries, a crisp oaty almond topping and thick yogurt on the side.

SERVES 6-8 **PREP** 10 mins
COOK 30 mins **EASY** **V**

1kg mixed berries (blueberries, raspberries, blackberries, or strawberries), fresh or frozen
3 tbsp strawberry or raspberry jam
1 tsp vanilla extract
1 tbsp lemon juice
50g golden caster sugar
1½ tbsp cornflour
Greek yogurt or labneh, to serve

For the granola crisp topping
300g porridge oats
100g plain flour
50g flaked almonds, crushed using your hands
1 tsp ground cinnamon
150g butter, melted
4 tbsp golden caster sugar
5 tablespoons honey or maple syrup
½ tsp vanilla extract

1 Heat the oven to 200C/180C fan/gas 6. Toss the berries in a large heatproof dish with the jam, vanilla, lemon and sugar. Roast in the oven for 10 mins, or until the berries are soft but holding their shape. Mix a few tablespoons of the juices into the cornflour in a small dish, then add the cornflour mixture to the berries, combining well.

2 In a large bowl, combine the granola topping ingredients with a good pinch of salt. Squeeze the mixture in your hands to create some clumps. Scatter the mixture over the berries and return to the oven for another 20 mins, until crisp and golden. Serve with thick Greek yogurt or labneh.

GOOD TO KNOW folate • fibre • vit c • 1 of 5-a-day
PER SERVING (8) 552 kcals • fat 22g • saturates 11g • carbs 74g • sugars 37g • fibre 8g • protein 9g • salt 0.4g

GF tip
Serve it with
A steaming pot of earl grey.

Shoot director JORDAN EDMONDS-MOORE | Food stylist JAKE FENTON | Stylist FAYE WEARS

Green goddess nachos

FOOD TO bring joy

Gorgeously vibrant, fun and made for sharing – this collection of recipes is designed to raise smiles over the holiday weekends

recipes CASSIE BEST *photographs* CHELSEA BLOXSOME

Sweet melon, curry leaf & burrata salad

Melon, curry leaf and burrata may seem like an unlikely combo, but trust us when we say, if you make this salad once, you'll be making it all summer. It's sweet, spicy, juicy, creamy and aromatic, a party on your tongue!

SERVES 4 **PREP** 20 mins plus at least 20 mins macerating **COOK** 5 mins
EASY **V**

- 1 ripe melon, or a mixture of honeydew and cantaloupe works well (about 700g in total, prepared weight)
- 1 banana shallot, finely sliced
- 2 burrata balls (125g each)

For the dressing

- 5 tbsp olive oil
- 10 fresh curry leaves
- 2 tsp nigella seeds
- 1 green chilli, deseeded and finely chopped
- 3 tbsp red wine vinegar
- 2 tsp honey

1 For the dressing, heat the oil in a small frying pan over a medium heat. Add the curry leaves and sizzle for 1-2 mins until aromatic (be careful as they will splutter). Add the nigella seeds for the final 30 seconds. Pour the hot oil, curry leaves and seeds into a bowl and leave to cool.

2 Mix the remaining ingredients for the dressing into the curry leaf oil and season well.

3 Arrange the melon and shallots on a platter, drizzle with most of the dressing and lightly toss together with your hands. Leave to macerate for 20-30 mins at room temperature.

4 Nestle the burrata into the salad, gently tear each ball open and season with a little flaky sea salt. Spoon over the remaining dressing.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free
PER SERVING 372 kcals • fat 30g • saturates 11g • carbs 19g • sugars 19g • fibre 2g • protein 7g • salt 0.42g

Crispy red mullet rice with saffron aioli & lemon olive salsa

Red mullet is found in abundance around the south coast, and it's delicious. Ask your fishmonger to fillet the fish, but keep hold of the bones. They can be used to make a fish stock, perfect for using in this saffron-infused baked rice, or in a fish soup.

SERVES 4 **PREP** 40 mins
COOK 30 mins **MORE EFFORT**
❄ (stock only) 🍷

- 4 red mullet (around 300g), descaled and filleted (keep the bones for stock)
- 2 shallots, halved
- small bunch of parsley, stalks and leaves separated
- 2 generous pinches of saffron
- 4 tbsp olive oil
- 2 garlic cloves, crushed or finely chopped
- 350g paella rice
- 100ml white wine

For the salsa

- 100g green olives, chopped
- 1 preserved lemon, centre discarded, peel finely chopped to a paste
- 1 lemon, zested and juiced
- 3 tbsp extra virgin olive oil

For the aioli

- 2 good pinches of saffron
- 200g good quality mayo
- 2 garlic cloves, crushed

1 Put the fish bones, shallots and parsley stalks in a saucepan. Cover with 1 litre of water (or enough to cover the bones) and add the saffron. Bring to a gentle bubble and simmer over a low heat for 20 mins. Strain the fish stock. *Will keep chilled for a few days or frozen for six months.*

2 Check the fish fillets for bones, removing any you come across using tweezers. Cut each fillet into two or three pieces, season with salt and a pinch of saffron, then rub with 2 tbsp of the olive oil to coat. Heat the oven to 200C/180C fan/gas 6 and reheat the fish stock if it is cold. You should have about 800ml (top up with more water if necessary).

3 Heat 2 tbsp of the olive oil in a large ovenproof frying pan or paella pan. Add the garlic and sizzle for 30 seconds, then stir in the rice. After another minute, add the wine, stirring, until it has been absorbed by the rice. Pour in the hot stock and season well with salt. Bake for 25 mins (don't cover the pan).

4 While the rice bakes, make the aioli. Pour 1 tbsp kettle-hot water over the saffron and leave to steep for 5 mins, then mix with the mayo and garlic. In another bowl, make the salsa by combining all of the ingredients – the preserved lemon will be very salty so check before adding any extra salt.

5 Carefully remove the dish from the oven and increase the heat to 220C/200C fan/gas 7. Place the fish pieces on top of the rice, skin-side up. Bake for 8 mins more until the rice is crispy on top and tender when you dig into the centre, and the fish is just opaque. Scatter with the parsley leaves and serve with the aioli and salsa.

GOOD TO KNOW vit c
PER SERVING 1·021kcals • fat 65g • saturates 6g • carbs 73g • sugars 4g • fibre 3g • protein 30g • salt 1.5g

Golden chicken with rice noodles & crispy shallots

There's an exciting mix of flavours and textures here, but the star of the show remains the chicken. It benefits from marinating for at least a day to allow the flavours to develop. Serve it straight from the roasting tin so everyone can help themselves.

SERVES 4 **PREP** 25 mins plus overnight marinating
COOK 30 mins **EASY**

- 400ml coconut milk (whisk well to combine the cream and water, if it has separated in the can)
- 2 tsp ground turmeric
- 15g piece ginger, finely grated
- 2 large garlic cloves, finely grated
- 2 limes, 1 zested and juiced, 1 cut into wedges to serve
- ½ large red chilli, frozen and finely grated (see tip)
- 2 tbsp light brown soft sugar
- 2 tsp fish sauce
- 6 boneless and skinless chicken thighs
- vegetable oil, for frying
- 4 shallots, finely sliced into rings
- 180g wide rice noodles (4 nests)
- 2 carrots, cut into matchsticks
- 6 baby cucumbers, sliced or ½ a cucumber, halved lengthways and sliced
- small bunch each of mint and Thai basil, leaves picked
- 100g salted peanuts, roughly chopped

1 In a large bowl, combine the coconut milk, turmeric, ginger, garlic, lime zest and juice, chilli, sugar, fish sauce and 1 tsp salt. Add the chicken thighs, stirring to coat, then put in the fridge to marinate overnight. *Will keep covered and chilled for up to two days.*

2 Heat the oven to 220C/200C fan/gas 7. Transfer the chicken to a large roasting tin with high sides. Roast for 30 mins, spooning the sauce over the chicken a few times during cooking, until the chicken is cooked through and a little charred, and the sauce has reduced. At the end, if the chicken needs more colour, grill it for a few minutes, if you like.

3 While the chicken cooks, heat enough vegetable oil to cover the base of a large, deep frying pan, separate the shallot rings and cook in a single layer for 6-8 mins, or until golden brown (you may have to do this in batches). Drain on kitchen paper and season generously with salt.

4 Cook the noodles following pack instructions (or bring a pan of water to the boil, add the noodles, take off the heat and leave for 5 mins, then drain and rinse with cold water).

5 Remove the chicken from the tin and slice into chunks. Toss the drained noodles through the sauce in the roasting tin. Top with the chicken, veg, crispy shallots, herbs and peanuts. Serve with lime wedges for squeezing over.

GOOD TO KNOW fibre • vit c • 1 of 5-a-day
PER SERVING 725 kcals • fat 41g • saturates 19g • carbs 54g • sugars 18g • fibre 6g • protein 31g • salt 2.13g

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tip

Keep a bag of frozen chillies in the freezer, ready to grate into a marinade or over finished dishes for a kick of heat.

Green goddess nachos

The green goddess salad may have taken the internet by storm last summer, but we think these green goddess nachos may be a contender for viral recipe of 2025.

SERVES 4 **PREP** 30 mins
COOK 20 mins **EASY** **V**

8 radishes, finely sliced
1 lime, juiced
400g can black beans, drained
1 tbsp chipotle paste
2 tsp honey
200g tortilla chips
200g feta, crumbled
200g grated mozzarella

For the green goddess sauce

150g natural Greek yogurt
1 ripe avocado
1 small garlic clove
2 limes, zested and juiced
25g jalapeños, plus a splash of brine, and a few extra to serve
small bunch of coriander, plus a handful to serve
2 tsp sugar

1 Blitz the sauce ingredients in a blender with a good pinch of salt until smooth, adding a splash of water to loosen to a drizzling consistency if needed. Check the seasoning and add more salt or lime if you like.

2 Combine the sliced radishes, lime juice and a pinch of salt in a bowl. Leave to lightly pickle while you prepare the nachos. Mix the beans, chipotle paste, honey and a pinch of salt in a bowl.

3 Heat the oven to 200C/180C fan/ gas 6. Arrange half the tortilla chips in a large roasting tin or dish. Top with half the feta, mozzarella and the beans. Add the rest of tortilla chips, mozzarella and beans. Bake for 20 mins until the cheese has melted and turned golden.

4 Drizzle some of the sauce over the nachos and put the rest in a bowl to serve alongside. Scatter over the remaining feta, pickled radishes, jalapeños and lots of coriander.

GOOD TO KNOW calcium • fibre • vit c • 1 of 5-a-day
PER SERVING 731 kcals • fat 45g • saturates 19g • carbs 47g • sugars 10g • fibre 10g • protein 28g • salt 3.23g

Terrazzo jelly cheesecake

This bright and playful dessert is sure to be a talking point. Cubes of jelly suspended in a creamy cheesecake create a contrast of textures and a pretty terrazzo effect when sliced.

SERVES 8 PREP 40 mins plus at least 5 hrs setting COOK 5 mins MORE EFFORT

135g pack orange jelly
135g pack raspberry jelly
300g digestive biscuits
100g unsalted butter, melted
4 gelatine leaves
300ml double cream
100g caster sugar
500g full-fat soft cheese
1 tsp vanilla extract

1 First, make the orange jelly. Boil the kettle, break up the orange jelly cubes and tip into a jug or bowl. Pour over 250ml boiling water and stir until dissolved, add another 100ml cold water and mix well. Pour into a small container or tray (ours was 20 x 30cm) and leave to cool to room temperature, then chill for at least 2 hrs or until set.

2 Repeat the same process with the raspberry jelly.

3 Line the sides of a 23cm springform tin with baking parchment. Blitz the biscuits in a food processor or tip into a food bag and bash to fine crumbs using a rolling pin. Transfer to a bowl and stir in the melted butter until the mixture looks like damp sand. Tip into the prepared tin and press into the base using the back of a spoon until you have a smooth, even layer. Chill until needed.

4 Fill a large bowl with cold water, add the gelatine leaves one at a time to prevent them from sticking together, ensuring they're fully submerged. Leave for 5 mins until soft. Meanwhile, in a saucepan, gently heat the cream and sugar for a few minutes until the sugar dissolves and the cream is steaming. Remove from the heat. Lift each gelatine leaf from the water, squeeze out the excess water and stir into the hot cream until all the gelatine has been added and dissolved. Leave to cool to room temperature, about 30 mins.

5 Tip the soft cheese, vanilla and cooled cream into a bowl and beat together using an electric whisk until thick and creamy.

6 Cut the jellies into small cubes of about 1cm, then very gently fold them through the creamy mixture, trying not to break them up. Scrape the mixture into the springform tin and smooth the top using a spatula. Chill for at least 3 hrs.

7 Release the cheesecake from the tin and carefully transfer to a plate, then cut into slices to serve. *Will keep in the fridge for up to two days.*

PER SERVING 772 kcals • fat 54g • saturates 32g • carbs 61g • sugars 42g • fibre 1g • protein 9g • salt 1.11g

Shoot director RACHEL BAYLY | Food stylists AMY STEPHENSON & AMY KINNEAR (cheesecake only) | Stylist HANNAH WILKINSON

Friday night dinner

Crispiest buttermilk fried chicken burgers

Marinate chicken in buttermilk to tenderise it, then use rice flour to up the crunch in the coating

recipe HELENA BUSIAKIEWICZ *photograph* TOM REGESTER

SERVES 6 **PREP** 20 mins plus at least 1 hr marinating **COOK** 30 mins **EASY**

250ml buttermilk
50ml pickle brine
2 tbsp all purpose seasoning
2 tbsp onion granules
1 egg, beaten
2 garlic cloves, skins removed, left whole
6 skinless, boneless chicken thighs
75g rice flour
225g plain flour
vegetable oil, for deep-frying

To serve

6 seeded brioche buns, toasted
half an iceberg lettuce, shredded
pickles, sliced
mayonnaise
chilli jam or sriracha (optional)

1 Put the buttermilk, pickle brine, 1 tbsp of the all purpose seasoning, 1 tbsp of the onion granules, the egg and garlic in a large bowl. Season well with salt and black pepper and whisk to combine. Lower the chicken into the marinade, making sure it is well coated. Cover and chill for 1-2 hrs or overnight.
2 Mix the rice flour, plain flour and remaining all purpose seasoning and onion granules together in a large bowl and season with salt and black pepper. Pour in 4 tbsp of the chicken marinade and mix – this helps create crispy bits. Using tongs, pick up a chicken thigh, shaking off the excess marinade, then dunk into the flour mixture, and give it another good shake to get rid of the excess. It should be well coated and shaggy-looking. Put on a plate or tray lined with baking parchment and repeat with the rest of the ingredients.
3 Heat the oil in a deep, wide pan (ensuring it is no more than a third full) to 180C, or until a cube of bread dropped in browns in 30 seconds.
4 Gently lower the coated chicken into the oil. Cook for 5-6 mins, turning halfway, until cooked through. Don't be tempted to move it too much as the batter can fall off if disturbed too early.
5 Drain on a wire rack, season with a little salt, then assemble the burger in brioche buns with lettuce, pickles and your choice of condiments – we like mayonnaiese and some chilli jam or sriracha for a spicy hit.

PER SERVING 522 kcals • fat 17g • saturates 4g • carbs 61g • sugars 6g • fibre 4g • protein 28g • salt 1.4g

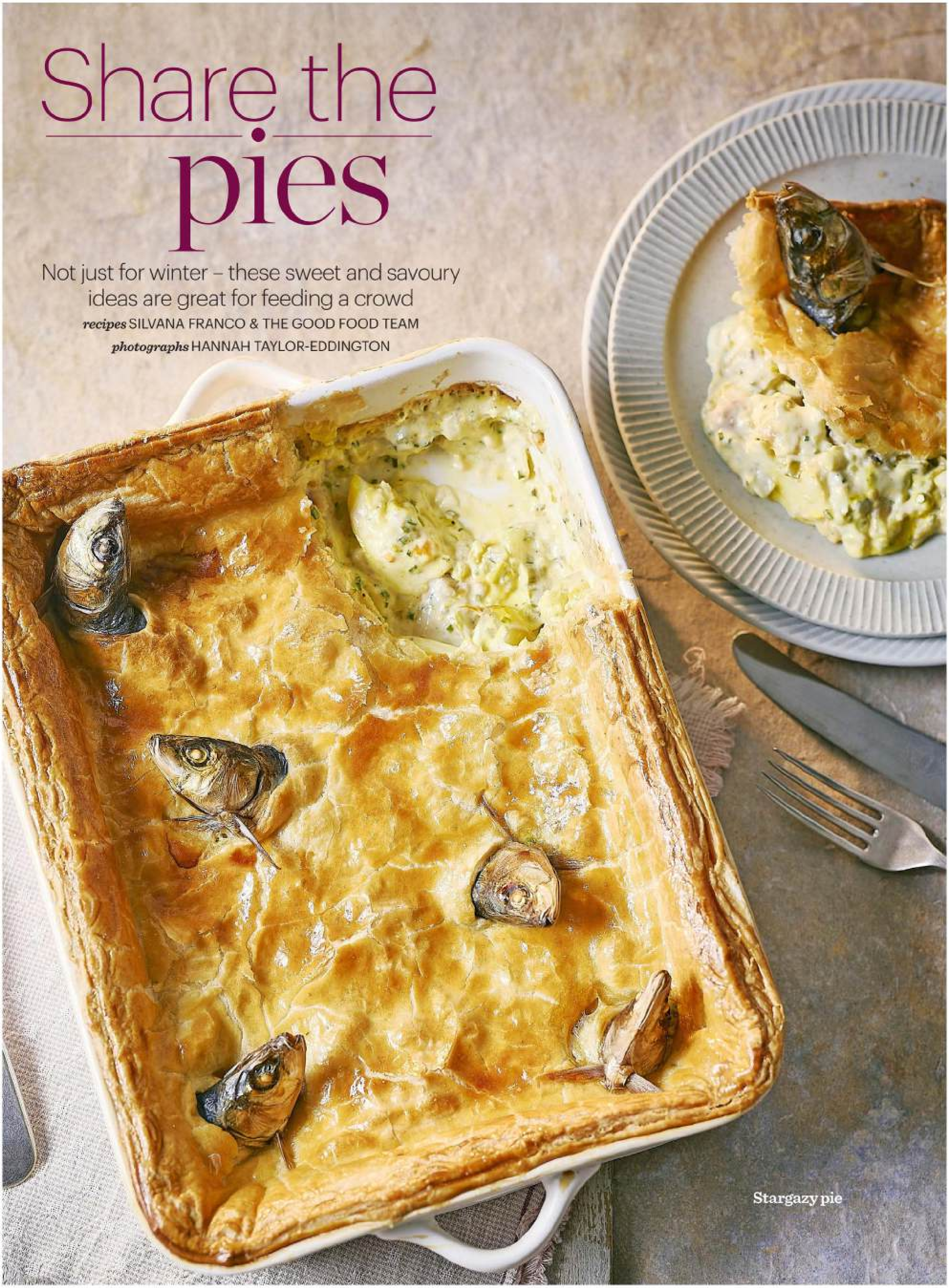
Shoot director FREDDIE STEWART | Food stylist JESSICA MCINTOSH | Stylist MAX ROBINSON

Share the pies

Not just for winter – these sweet and savoury ideas are great for feeding a crowd

recipes SILVANA FRANCO & THE GOOD FOOD TEAM

photographs HANNAH TAYLOR-EDDINGTON



Stargazy pie

Veggie rainbow picnic pie

Stargazy pie

Evoke holidays at the Cornish seaside where this recipe hails. It's named for the filling of mackerel or sardines (whatever the day's catch might be) as their heads look skyward through a golden crust.

SERVES 6 **PREP** 20 mins
COOK 1 hr 5 mins **EASY**

- 3 eggs
- pinch of saffron strands
- 150ml whole milk
- large knob of butter
- 1 large leek, chopped
- 6 rashers smoked streaky bacon, chopped
- 1 floury potato (about 250g), cut into 1cm cubes
- 2 tbsp plain flour
- 300ml double cream
- 3 tbsp chives, finely chopped
- 6 large sardines or 3 small mackerel, butterflied with the heads left on (backbones and tails removed)
- 320g sheet of puff pastry

1 Bring a saucepan of water to the boil and carefully add 2 of the eggs. Boil for 9 mins, then drain and run under cold water. Once cool enough to handle, peel and roughly chop. Meanwhile, put the saffron in a cup, pour in the milk and set aside.

2 Melt the butter in a pan over a low heat, then add the leek, bacon and potatoes, and cook gently for 10 mins. Stir in the flour and cook for 2 mins. Add the saffron milk a little at a time, stirring well, then bring to a simmer and cook for 5 mins until the sauce has thickened. Pour in the cream, then stir in the chopped eggs and chives, and some seasoning.

3 Heat the oven to 200C/180C fan/gas 6. Pour the cream sauce into a rectangular ovenproof dish and arrange the fish with the heads pointing up. Unroll the pastry, making slits for the fish heads to poke through, then lay over the dish and guide the heads through the slits. Lightly beat the remaining egg, then brush the rim of the pie dish with some of it and press the pastry edges down firmly. Brush the top of the pie with the remaining egg, then put on a baking sheet and bake for 40-45 mins until puffed and dark golden. Scoop and serve at the table.

PER SERVING 708 kcals • fat 54g • saturates 28g • carbs 31g • sugars 4g • fibre 3g • protein 24g • salt 1.62g

Veggie rainbow picnic pie

Bursting with summery colour, this recipe is part tortilla, part pie and brings the wow factor to any outdoor gathering. It can be made up to two days in advance and kept chilled in the fridge.

SERVES 12-14 **PREP** 30 mins
COOK 1 hr 40 mins **MORE EFFORT V**

- 450g butternut squash, peeled and cut into small chunks
- 2 tbsp olive or rapeseed oil
- 1 large onion, sliced
- 550g small waxy potatoes, peeled and sliced
- 2 x 375g blocks all-butter puff pastry
- flour, for dusting
- 2 tbsp breadcrumbs
- 300g cooked beetroot, sliced
- 450g jar roasted red peppers, drained
- 200g feta, crumbled
- 150g frozen peas
- small bunch each of parsley and mint, chopped
- 10 eggs, beaten
- 320g ready-rolled sheet all-butter puff pastry
- 2 tbsp sesame seeds

1 Heat the oven to 200C/180C fan/gas 6. Toss the squash in 1 tbsp oil and some seasoning and roast for 20 mins until soft. Meanwhile, fry the onion in the remaining oil for 10-15 mins over a low heat until golden. Cook the potatoes in a pan of boiling water for 8 mins until soft. Drain. Leave all the veg to cool.

2 Turn the oven down to 180C/160C fan/gas 4 and line a 20 x 30cm baking tin with a long, double-thick strip of baking parchment (this will help you to lift out the pie once cooked). Squeeze the two blocks of puff pastry together using your hands, then roll out on a floured surface until the pastry is about the thickness of a £1 coin. Use the pastry to line the tin, leaving any excess hanging over the edges.

3 Sprinkle the breadcrumbs over the pastry base. Layer in the beetroot, peppers, squash, onions, feta, potatoes, peas and herbs (in that order for a rainbow effect), seasoning well between each. Slowly pour over the egg until most of it has sunk through the layers, reserving a little. Brush some egg over the overhanging pastry, then lay the puff pastry sheet on top. Press the pastry together at the edges, then use kitchen scissors to trim away the excess, leaving about 2cm. Roll the edges in to seal together, then press firmly with a fork. Brush with the rest of the egg, sprinkle with the sesame seeds, then use the fork to mark out 12-14 portions. Bake for 1 hr 20 mins until the pastry is golden and crisp. Leave to cool completely before slicing. *Will keep chilled for up to two days.*

PER SERVING 486 kcals • fat 29g • saturates 17g • carbs 40g • sugars 6g • fibre 4g • protein 15g • salt 0.9g

Cookie dough pie

Transform buttery chocolate chip cookie dough into a pie with a decadent triple chocolate filling. A crowd-pleasing treat for parties and special occasions.

SERVES 16 **PREP** 30 mins plus 3 hrs and 20 mins chilling
COOK 1 hr **EASY V**

200g butter, at room temperature
225g light brown muscovado sugar
2 eggs
1 tsp vanilla extract
325g plain flour, plus extra for dusting
1 tsp bicarbonate of soda
150g milk chocolate chips
splash of milk (optional)
350g chocolate hazelnut spread
100g white chocolate chips
100g (8) Kinder Mini chocolate bars

1 Beat the butter and sugar together using electric beaters or in a stand mixer until light and fluffy. Crack in 1 egg and separate the other, then add just the yolk (freeze the egg white for another recipe). Pour in the vanilla and beat the mixture until smooth and creamy.

2 Add the flour, bicarbonate of soda, a pinch of salt and the milk chocolate chips, then mix with a spatula to form a stiff dough (if the mixture feels dry, add a splash of milk). Split the dough into two balls – one roughly two thirds of the mixture and the other, a third. Pat into 2cm-thick discs, wrap and chill for at least 1 hr.

3 Lightly dust a clean work surface with flour and roll the larger disc out into a 23cm round. Use it to line a 20cm springform cake tin, using your fingers to press the dough 3cm up the sides of the tin.

4 Stir the chocolate spread with a spoon to soften it a little, then stir in the white chocolate chips. Spread most of the mixture over the cookie dough base. Press the chocolate bars deeply into the chocolate spread then use a small spatula to spread the remaining mixture over the bars, levelling off the surface – there should be around 1cm of cookie dough rising above the filling. Chill for 20 mins to firm up.

5 Meanwhile roll the remaining dough out into a 19cm disc and lay on top of the filling, inside the cookie dough rim. Use your fingers to smooth over the edges and enclose the filling. Chill for at least 1 hr.

6 Heat the oven to 180C/160C fan/gas mark 4. Put the cake tin on a baking tray. Bake for 50 mins-1 hr, covering loosely with foil once the top is golden brown. Allow the pie to cool to room temperature in the tin before carefully removing the ring and base, then chill for at least 1 hr before slicing. *Will keep chilled for up to three days.*

PER SERVING 473 kcals • fat 25g • saturates 13g • carbs 54g • sugars 38g • fibre 2g • protein 6g • salt 0.51g

Blueberry pie

Juicy blueberries are showcased in a lattice pastry for this summery dessert. The pastry needs time to rest but you can prep everything a day ahead if you're entertaining.

SERVES 12 **PREP** 30 mins plus at least 1 hr 30 mins resting and chilling
COOK 1 hr **EASY V**

300g plain flour, plus extra for dusting
165g butter, frozen
750g fresh blueberries
150g caster sugar, plus 1 tbsp for sprinkling
40g cornflour
1 tsp ground cinnamon
1 lemon, zested and juiced
1 egg
1 tbsp milk
ice cream or whipped cream, to serve

1 Tip the flour into a large bowl with ½ tsp fine salt. Coarsely grate the butter onto a sheet of baking parchment. Set aside 2 tbsp grated butter, then tip the rest into the flour. Mix the flour and butter together using a table knife. Add 3 tbsp very cold water and mix together to form a dough. Knead very briefly, then divide into two equal balls. Pat into 2cm deep discs, then wrap and chill for at least 1 hr.

2 Meanwhile, stir together the blueberries, caster sugar, cornflour, cinnamon, lemon zest and juice. Set aside for at least 1 hr until the sugar dissolves.

3 On a lightly floured surface, roll one pastry disc out into a 26cm round and use to line a 22cm pie dish, ensuring the pastry slightly overhangs the edge. Spoon in the blueberry mixture then scatter over the reserved grated butter.

4 Roll the remaining pastry into a 24cm round and cut into 10 strips. Arrange five strips vertically across the pie then either weave or simply place the remaining strips horizontally on top to create a lattice. Trim any excess overhanging the dish, then crimp the edges together firmly to make a fluted crust. Chill the pie for at least 30 mins.

5 Heat the oven to 190C/170C fan/gas 5. Beat together the egg and milk and brush over the pastry. Sprinkle with the remaining 1 tbsp sugar, then put the dish on a baking tray. Bake for 1 hr, keeping an eye on it and covering loosely with foil once the pastry is golden brown.

6 Leave the pie to cool to room temperature. *Will keep chilled for up to three days.* Slice and serve with ice cream or whipped cream.

PER SERVING 297 kcals • fat 12g • saturates 7g • carbs 42g • sugars 20g • fibre 2g • protein 4g • salt 0.48g

Shoot director LAURIE NEWMAN | Food stylist JESSICA MCINTOSH | Stylist HANNAH WILKINSON

Pie, mash & liquor

An icon of London's East End, these minced beef pies are paired with 'liquor' – a sauce made with seasonal parsley. The recipe is easily doubled to feed eight.

SERVES 4 **PREP** 30 mins plus at least 30 mins chilling and cooling
COOK 1 hr **EASY**

- 1 tbsp sunflower oil
- 500g minced beef
- 400ml beef stock
- 1 tbsp Worcestershire sauce
- pinch of ground white pepper
- 2 tbsp milk
- mashed potato, to serve

For the shortcrust pastry

- 200g plain flour, plus extra for dusting
- 100g chilled butter, diced

For the suet pastry

- 250g self-raising flour, plus extra for dusting
- 125g beef or vegetable suet

For the liquor

- 30g butter
- 30g plain flour
- 500ml warm fish or vegetable stock
- 30g parsley, finely chopped

1 Heat the oil in a large frying pan and cook the mince over a high heat for 5-10 mins, stirring regularly, until browned. Add the stock and Worcestershire sauce and season with salt and the white pepper. Simmer for 10-15 mins until the stock has reduced. Leave to cool.

2 Meanwhile, make the shortcrust pastry. Stir $^1/_4$ tsp salt into the flour, then rub in the butter. Add 2-3 tbsp very cold water and bring together to make a firm dough. Cover and chill for at least 30 mins.

3 Heat the oven to 220C/200C fan/gas 7 and put a large baking tray inside. Mix together the self-raising flour, suet and $^1/_4$ tsp salt in a large bowl. Add enough cold water (around 100-120ml) to form a soft dough. Roll out the suet pastry on a floured work surface, then cut into 4 rectangles and use to line individual pie dishes. Spoon in the cooled minced beef filling and brush the rims with water.

4 Roll out the shortcrust and cut into 4 rectangles for the lids. Press onto the pie dishes and trim off any excess. Use a fork to press the edges down firmly to seal. Brush the tops with milk and pierce once or twice with the fork. Put on the baking tray and bake for 25-30 mins until golden.

5 Meanwhile, to make the liquor, melt the butter in a small pan and stir in the flour. Cook for 2 mins, still stirring, then gradually add the stock. Bring to the boil and simmer for 5 mins, then stir in the parsley. Serve the hot pies with mash and the liquor.

PER SERVING 1149 kcals • fat 70g • saturates 37g • carbs 101g • sugars 4g • fibre 7g • protein 26g • salt 3.05g

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PLANET FRIENDLIER

At its best

Be inspired with recipes from our skills editor **Barney Desmazery** using homegrown broad beans, gooseberries and new potatoes

photographs NASSIMA ROTHACKER

Broad beans

Homegrown broad beans are delicious and tender, and appear as one of the first crops of the year. They're easy to grow from seed, yielding green pods of green or white beans that can be used in salads, soups, dips, pasta and risottos.

Broad bean pasta with bacon, cream & mint

Remove the pasta and bacon, and you'll still have a brilliant broad bean side dish to serve with a roast.

SERVES 4 PREP 30 mins
COOK 20 mins EASY ☐

- 300g podded broad beans (about 600g whole broad beans)
- 1 tbsp olive oil
- 150g smoked diced pancetta or bacon lardons
- 1 small garlic clove, lightly bashed but left whole
- 150ml double cream
- 50g parmesan, finely grated, plus the rind, if available
- 400g pappardelle or other flat pasta
- small handful of mint, leaves picked and finely shredded
- ½ lemon, zested
- crusty bread, to serve

1 Cook the beans in a large pan of boiling salted water for 2-3 mins until just tender. Remove to a colander using a slotted spoon and rinse under cold running water. Pinch off the skins to reveal the bright green centres. *The beans can be blanched and the skins removed up to a day ahead. Chill until needed.*

2 Heat the oil in a large frying pan over a medium heat and fry the pancetta for 4-5 mins until crisp. Stir in the garlic clove and some cracked black pepper, and cook for 1 min more until fragrant. Pour in the cream and add the parmesan rind, if using. Bring to a simmer. Stir well, then stir through most of the parmesan and gently warm through the sauce.

3 Return the pan of bean cooking water to the boil and cook the pasta following pack instructions. Drain, reserving a mugful of the water. Tip the pasta into the sauce with the broad beans, mint and lemon zest, set over a low heat and toss everything together, adding a splash of the reserved water to loosen, if needed. Divide between warm bowls, scatter over the remaining parmesan, then serve immediately with crusty bread.

GOOD TO KNOW fibre · vit c · 1 of 5-a-day
PER SERVING 769 kcals · fat 36g · saturates 18g · carbs 77g · sugars 4g · fibre 11g · protein 28g · salt 1.3g

New potatoes

Dug fresh from the garden, early or 'new' potatoes are tender and taste so much better than shop-bought ones. They can be boiled, roasted or fried.

Smashed roast new potatoes with smoked mackerel pâté

Smashing the new potatoes before roasting creates an extra-crispy skin, which is already an upgrade on its own. But, with a topping like this smoked mackerel pâté, they're really taken to the next level.

SERVES 4 **PREP** 30 mins
COOK 1 hr **EASY**

750g new potatoes
3 tbsp olive oil
½ tsp smoked paprika (optional)
For the smoked mackerel pâté
200g smoked mackerel fillets, skins and any bones removed
160g soft cheese
2 tsp Dijon mustard
½ lemon, zested and juiced
2 tbsp capers, drained and chopped
1 small shallot, finely chopped
small handful of dill, plus extra to serve

1 To make the pâté, put the smoked mackerel in a bowl. Add the remaining ingredients, then mash everything together using a fork until well combined but still slightly chunky. Season with black pepper (the mackerel is salty, so you may not need to add extra salt). *Can be made a day ahead and kept chilled.*

2 Heat the oven to 220C/200C fan/gas 7. Put the potatoes in a large pan, cover with cold salted water and bring to the boil. Simmer for 20 mins until tender when pierced with a knife. Drain well and leave to steam-dry for a few minutes.

3 Toss the potatoes with a drizzle of the oil so they are coated, then arrange in a single layer on a large baking tray. Lightly squash down using the back of a fork or a potato masher – you want them to be broken open, but still holding their shape. Drizzle over most of the remaining olive oil and season with salt, pepper and the paprika, if using, then toss to coat. Roast for 40 mins, flipping over halfway through and drizzling over the remaining oil, until deeply golden and crisp. Pile the roast potatoes onto a serving plate, then serve alongside the smoked mackerel pâté in a bowl for spooning over.

GOOD TO KNOW omega-3
PER SERVING 459 kcals • fat 31g • saturates 10g • carbs 28g • sugars 4g • fibre 4g • protein 17g • salt 1.76g

Shoot director FREDDIE STEWART | Food stylist AMY KINNEAR | Stylist MAX ROBINSON

Gooseberries

Cook gooseberries in pies, or swirl into sweetened cream for a quick fool. Dessert varieties make lovely seasonal fruit salads, but they can also be stewed to make purées, jams and chutneys.

Gooseberry & almond clafoutis

A clafoutis is a simple dessert that's the perfect foil for the sharp pop of the gooseberries, thanks to its sweet taste and melt-in-the-mouth texture. It can be served warm with more cream or ice cream, or cool completely and cut into wedges like a tart.

SERVES 6 **PREP** 10 mins
COOK 30 mins **EASY** **V**

butter, for the dish
140g golden caster sugar
400g gooseberries, topped and tailed
4 eggs
50g plain flour
50g ground almonds
1 tsp vanilla extract
1 lemon, zested
250ml double cream
2 tbsp flaked almonds
icing sugar, for dusting

1 Heat the oven to 200C/180C fan/gas 6. Butter a 23cm round flan dish and scatter over 2 tbsp of the caster sugar. Tip in the gooseberries and gently shake the dish to coat the berries in the sugar. Set aside.

2 Tip the remaining sugar, the eggs, flour, ground almonds, vanilla extract, lemon zest and a small pinch of salt into a bowl, and whisk until smooth. Slowly whisk in the cream until it's been fully incorporated and the batter is completely smooth.

3 Pour the batter over the berries, scatter over the flaked almonds and bake for 30-35 mins until puffed up and light brown. Leave to cool slightly, then dust with icing sugar and serve warm.

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING 769 kcals • fat 36g • saturates 18g • carbs 77g • sugars 4g • fibre 11g • protein 28g • salt 1.3g

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Next level

RHUBARB CRUMBLE

Use in-season rhubarb to make this classic, comforting pudding

recipe BARNEY DESMAZERY ***photograph*** LAURA EDWARDS

Shoot director LAURIE NEWMAN | Food stylist JESSICA RANSOM | Stylist FAYE WEARS

Crumble might seem like the easiest pudding in the world, but plenty can go wrong – too much juice, and you end up with fruit soup; too little, and it's unpleasantly dry. A bad topping can be undercooked and stodgy or, worse, like gravel. But, don't worry – we've cracked it! This rhubarb crumble is perfectly balanced, with tart, self-saucing fruit and a buttery, golden topping that's just crisp enough. No sloppiness, no disappointment – just a pud that proves simple can still be next level. Now, the only decision left is cream, custard or ice cream?

SERVES 6 PREP 20 mins plus 30 mins macerating and cooling COOK 45 mins EASY V ❄ unbaked

800g rhubarb, chopped into roughly 5cm pieces
50g golden caster sugar
1 tsp vanilla extract
1 tsp cornflour
custard, cream or ice cream, to serve (optional)

For the topping
200g self-raising flour
50g custard powder
150g salted butter
125g golden caster sugar
25g demerara sugar

1 To make the crumble topping, tip the flour, custard powder and butter into a large bowl, then rub together using your fingertips until the mixture resembles coarse breadcrumbs. Stir in both sugars. *The crumble topping can be prepared ahead and chilled for up to three days or frozen for up to three months. Roughly break up with your hands before using. If using straight from the fridge, the topping will be craggier; if you prefer it to be more loose, leave it to come back to room temperature before using.*

2 Toss the chopped rhubarb, caster sugar, vanilla and cornflour together in a large bowl, ensuring the rhubarb pieces are evenly coated. Set aside to macerate for 30 mins. Tip the rhubarb into a large ceramic baking dish and spread into an even layer. Sprinkle over the crumble topping, making sure it covers the rhubarb completely. *Can be assembled up to a day ahead and chilled until ready to bake, or frozen for up to three months. Defrost completely in the fridge overnight before continuing.*

3 Heat the oven to 200C/180C fan/ gas 6. Bake the crumble for 40-45 mins until the topping is golden and crisp and the rhubarb filling is bubbling at the edges. Leave to cool for 10 mins before serving with your choice of custard, cream or ice cream.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 490 kcals • fat 21g • saturates 13g • carbs 68g • sugars 35g • fibre 4g • protein 5g • salt 0.83g

Our top tips

FLOUR POWER
Using self-raising rather than plain flour in the crumble topping results in a lighter, more scone-like texture, thanks to the baking powder that's added to the flour.

SECRET INGREDIENT
Custard powder contains dried eggs and milk, so it enriches the topping but doesn't alter the texture, as there's no extra liquid.

SELF-SAUCING
When you toss the chopped rhubarb in sugar and leave it to macerate, it releases its juices, which creates a sauce.

TWO SUGARS
We like to use two types of sugar – golden caster and demerara. The former is mainly for sweetness while the latter adds crunch and a toffee-like flavour.

THE THICK OF IT
Mixing cornflour into the rhubarb helps thicken the juices as it bakes, ensuring a velvety sauce that holds the crumble topping perfectly.

LEARN SOMETHING *new*

What is 'cuisson'?

We often hear chefs on TV use this French word in professional kitchens, but what does it mean?

Directly translated, cuisson simply means "to cook" or "how well something is cooked". But in professional kitchens, we use it to describe something cooked to perfection – its doneness, texture and final degree of cooking.

For me, cuisson is all about temperature. While it's most associated with meat, it applies just as much to fish, vegetables – anything, really. Perfect cuisson on asparagus means it still has some bite and is juicy. For cod, it's all about separated flakes and that pearlescent sheen in the middle. It's a balance between being cooked through and retaining the best possible texture.

In recent years, Instagram has completely reshaped how we view cuisson. There's been a growing obsession with "edge-to-edge" doneness – where meat is uniformly pink from side to side without any grey banding. It looks fantastic in photos, but the reality is, some chefs now focus more on looks than taste. Too often, meat is lightly seared, quickly rested, and served just to achieve that aesthetic.

For me, the exterior is just as important as the interior. The crust, the glaze, the deep caramelisation – that's where so much of the flavour is developed. When I cook beef, I glaze it in beef stock and brown butter as it cooks, so it reduces and builds an incredible sticky crust.

The same applies to fish – some chefs focus on achieving the "rainbow effect" when slicing undercooked fish, but is it cooked well? Cuisson should never be just about aesthetics, it should be about taste. You can make something look incredible, but at the end of the day, what really matters is: does it taste delicious?

THE PERFECT SEAR

Max's Notting Hill restaurant, Dorian, is known for its steaks – here he shares how to get a great result at home

The key to a great steak is searing hard and fast to build that deep, caramelised crust. But it's not just about the heat – you also need to consider the temperature of the meat before it even hits the pan. I never cook meat straight from the fridge. Instead, I let it temper for about an hour, bringing it to around 15-20C. That way, when you sear it, it's at its coldest stage in the cooking process, which helps achieve a perfect crust without overcooking the inside. If I'm at home, I'll always grill on a barbecue over an open flame, even in winter – it's cleaner, adds great smoky flavour, and avoids setting off the smoke alarm! I also like to brush on a glaze while grilling, using something simple like beef stock mixed with butter, which caramelises beautifully. The trick to perfect doneness? Sear for two minutes on each side, rest for 10 minutes, then repeat. This gradual cooking process allows the heat to penetrate gently, keeping the meat tender. Rushing it leads to grey bands and dryness around the edge of meat.

Learn to cook like a professional with top tips from Michelin-starred chef **Max Coen**

Micro skills

DON'T WASTE ASPARAGUS STEMS

I never waste the woody ends of asparagus – there's so much flavour left in them. Instead of throwing them away, I juice them but if you don't have a juicer, you can just blitz them in a blender with a little water, then strain the liquid through a cloth, and you'll have pure asparagus juice. This juice has loads of uses – it's great in sauces, adds depth to a risotto, or use it to cook the stems in. It's not just asparagus – juicing vegetable peelings is a brilliant way to use up scraps.

Secret ingredient

CALAMANSI

Calamansi is an incredible citrus fruit, one of my favourites. It's about the size of a ping-pong ball, but don't let its small size fool you – it's intensely floral, sweet and sharp all at once. It's often associated with Filipino cuisine, but I source mine from a Spanish citrus farm in Valencia, where they grow an amazing variety of citrus – each has its own unique flavour. Calamansi sits somewhere between a lime and a tangerine, with the sharpness of a lime but a subtle sweetness. I use both the zest and the juice to get the most out of its bright, complex flavour.

THE ONE

We asked Max, 'What's the one...'

...dish you cook at home better than anyone else?
Sausage pasta – it's my go-to. I take the skins off, mince the meat, caramelise it like a bolognese, then add both red and white wine, tomato purée, crème fraîche, and lemon juice. Served with rigatoni, it's simple but full of flavour.

...dish that changed your life life?
Fresh oysters in California when I was six. My dad gave me one, and from that moment, I knew I had a taste for unique ingredients.

...sustainable British ingredient we should use more?
Cuttlefish – it's more flavourful than squid, abundant in UK waters, and underused.

...piece of kit you can't live without?
A good blender, like a Vitamix. It's essential for making smooth soups, sauces, curry pastes and even juicing asparagus stalks to avoid waste.

...biggest mistake home cooks make?
Disorganisation. I always tell people to keep a bowl next to their chopping board for trimmings and rubbish. It keeps your space clean and your cooking more efficient.

...dessert you can't not order?
I'm not a big dessert guy, but I always go for something that's made with savoury ingredients like Jerusalem artichoke ice cream as it's a real challenge to get it right.

...storecupboard ingredient you won't compromise on?
Valentina hot sauce. It's sweet, sharp and adds just the right amount of heat. I put it in so many things – bolognese, sausage pasta and even on desserts.

Max Coen is the chef-owner of Dorian, a modern British bistro in the heart of London's Notting Hill. Known for its focus on exceptional produce it has earned a Michelin star, and been named number 21 in the UK's National Restaurant Awards @maxcoen_chef @dorian.nottinghill dorianrestaurant.com

Photographs JONATHAN GREGSON, ISTOCK/GETTY IMAGES PLUS

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recipes ANNA GLOVER *photographs* TOM REGESTER

Chicken caesar sub rolls

child-friendly

Orzo, feta & prawn pasta salad

Chicken caesar sub rolls

SERVES 4 **PREP** 20 mins
NO COOK EASY

200g cooked chicken (leftover roast chicken works well), shredded
4 sub rolls
2 tbsp butter, softened
1 Little Gem lettuce, finely shredded
¼ cucumber, halved, then thinly sliced into half-moons
handful of chives, finely chopped

For the dressing

1 small garlic clove, crushed
2 brown anchovies, finely chopped
4 tbsp natural yogurt
2 tbsp olive oil
½ lemon, juiced
25g parmesan, finely grated

1 First, combine the dressing ingredients in a bowl, and season with black pepper. (The anchovies are quite salty, so you may not need to add salt. Taste before adding.) Stir in the chicken.

2 Split the sub rolls using a serrated knife, being careful not to go all the way through. Spread over the butter, then stuff with the shredded lettuce and chicken mixture. Top with the cucumbers and chives, then wrap in baking parchment to pack into a lunchbox for your picnic.

GOOD TO KNOW calcium • folate • 1 of 5-a-day
PER SERVING 407 kcals • fat 22g • saturates 9g • carbs 26g • sugars 5g • fibre 2g • protein 23g • salt 1.11g

Orzo, feta & prawn pasta salad

SERVES 4 **PREP** 10 mins
COOK 10 mins **EASY**

250g orzo
4 tbsp extra virgin olive oil, or a mixture of 2 tbsp olive oil and 2 tbsp oil from the sundried tomatoes
1 lemon, juiced
2 tbsp finely chopped dill
2 spring onions, finely sliced
½ cucumber, finely chopped
6 sundried tomatoes in oil, sliced
100g feta, crumbled
300g cooked, peeled king prawns
a few handfuls of rocket

1 Cook the orzo in a pan of boiling salted water for 8-10 mins until tender. Drain, then rinse under cold running water to cool. Drain again.

2 Tip the orzo into a bowl with the oil, lemon juice and dill. Fold in the remaining ingredients, except the rocket, gently tossing everything together. Transfer to a serving bowl, or if you want to take this on a picnic, pack into an airtight container, then toss through the rocket just before you're ready to serve.

GOOD TO KNOW low cal • 1 of 5-a-day
PER SERVING 467 kcals • fat 18g • saturates 5g • carbs 49g • sugars 3g • fibre 4g • protein 25g • salt 1.91g

Cheese, tomato & ham turnovers

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY**

320g sheet ready-rolled puff pastry
4 tbsp soft cheese
4 tsp Dijon mustard (optional; see tip below)
125g mild cheddar, grated
4 slices of ham
1 vine tomato, thickly sliced, or 4 sundried tomatoes
2 tbsp milk, for glazing

1 Heat the oven to 220C/200C fan/gas 7. Unravel the pastry and cut into four equal rectangles. Spread 1 tbsp soft cheese over the middle of each pastry rectangle (leaving a 1cm border), then spread each with 1 tsp mustard, if using. Top with the cheese, ham and tomato slices. Fold two opposite corners of the pastry rectangle up and over the filling, pinching them together in the middle to seal. Brush any exposed pastry with the milk.

2 Transfer the turnovers to a baking sheet lined with baking parchment and bake for 20 mins until golden and well risen. Or, air-fry at 200C for 15 mins. Leave to cool for 5-10 mins before serving, or leave to cool completely before packing for a picnic.

GOOD TO KNOW calcium
PER SERVING 520 kcals • fat 37g • saturates 20g • carbs 27g • sugars 3g • fibre 2g • protein 18g • salt 1.95g

GF tip

Swap the mustard for pesto, harissa or tomato purée, if you like

Strawberry sandos

SERVES 4 **PREP** 15 mins
NO COOK EASY V

150ml double cream
1 tbsp icing sugar
½ tsp vanilla extract (optional)
8 slices of soft white bread (ideally milk bread)
500g strawberries (ensure they're similarly sized), hulled and halved

1 Whip the cream, sugar and vanilla (if using) together using an electric whisk until soft peaks form. Spread the whipped cream over the bread slices. Arrange the strawberries, cut-side down, over the cream on half the bread slices, then sandwich together with the remaining bread.
2 Cut the crusts off the sandos, if you like, then halve along the middle to create triangles. Wrap in baking parchment to take on a picnic.

GOOD TO KNOW folate • fibre • vit c • 1 of 5-a-day
PER SERVING 372 kcals • fat 22g • saturates 13g • carbs 34g • sugars 14g • fibre 6g • protein 6g • salt 0.67g

Fruit rice paper rolls with coulis dip

SERVES 8 **PREP** 15 mins
NO COOK EASY V

2 kiwi fruits
½ small pineapple
1 small mango
75g blueberries
8 rice paper wrappers
For the coulis
250g frozen mixed berries, defrosted
3 tbsp honey, maple syrup or other sweetener

1 For the coulis, blitz the berries and honey in a food processor (or in a jug using a hand blender) until very smooth. Add a few tablespoons of water if needed to loosen.
2 Prepare all the fruit by peeling, pitting or coring, as required. Thinly slice a few pieces of each fruit to decorate. Roughly chop the rest.
3 Soften the rice paper rolls by dunking into a wide, shallow bowl of water for a few seconds. Transfer to a work surface, then arrange a layer of fruit slices down the middle (this will be the visible decoration when rolled up). Spoon over some of the chopped fruit, then fold the rice paper wrap in at the sides before rolling up. The rice paper will stick to itself to seal. Keep chilled in a cool box or with an ice pack if travelling to a picnic, then serve with the coulis for dunking.

GOOD TO KNOW low fat • low cal • vit c • 1 of 5-a-day • gluten free
PER SERVING 84 kcals • fat 1g • saturates 0.2g • carbs 17g • sugars 15g • fibre 2g • protein 1g • salt 0.04g

Shoot director FREDDIE STEWART | Food stylist JESSICA MCINTOSH | Stylist MAX ROBINSON

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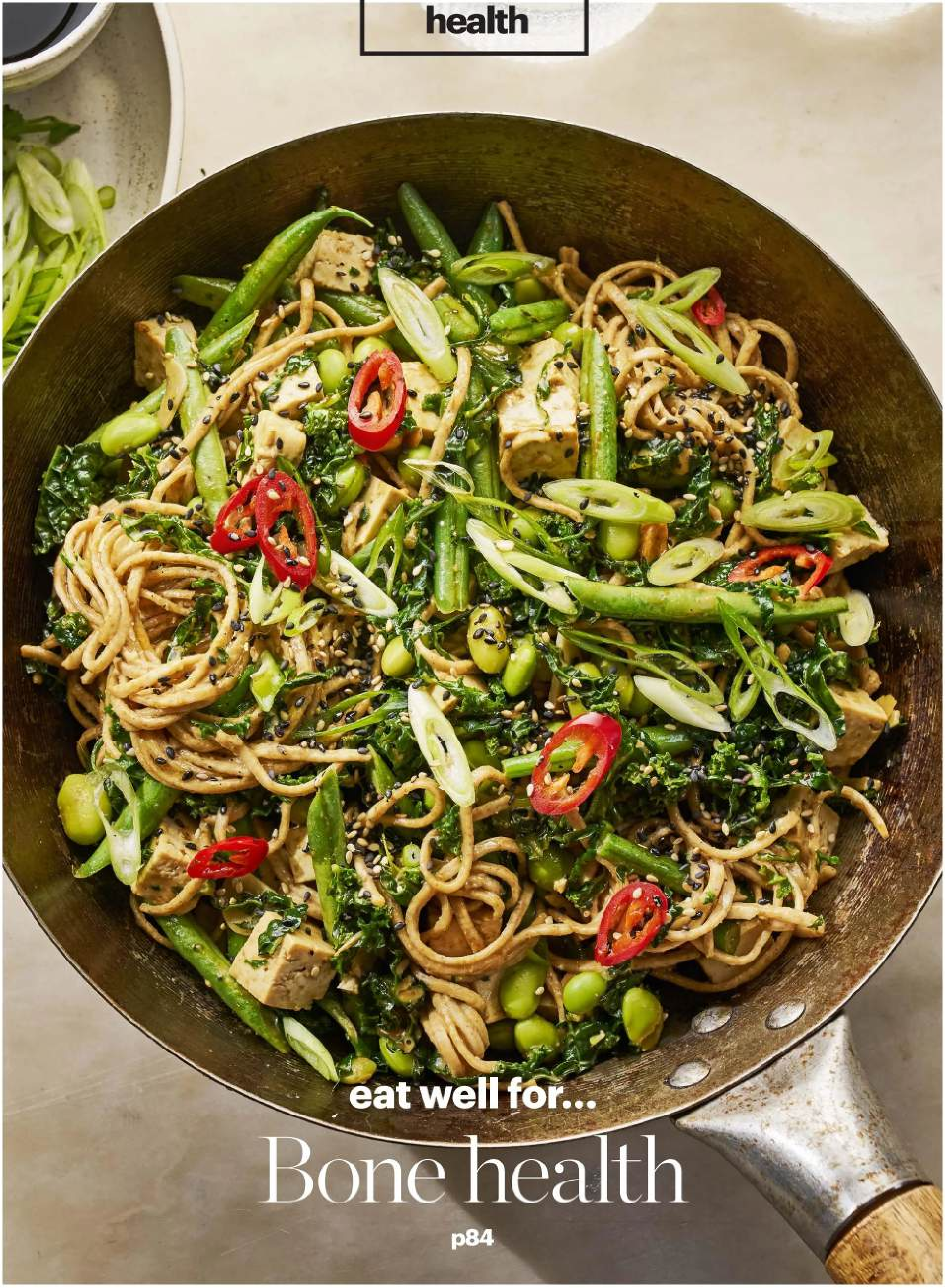


eat well for...

Bone health

p84

eat well for...

Bone health

Dr Chintal Patel explains how making food and lifestyle changes can keep our bones strong and healthy

Chintal is a long-serving GP for the NHS as well as a food content creator, cookbook author and our regular contributor. She has a passion for nutrition and lifestyle medicine, and aims to help people approach cooking and eating in a way that supports overall well-being. *@drchintalskitchen*

I'm willing to bet that while we all know that bones are a key part of the body, most of us don't appreciate just how important they are.

As well as supporting our bodies and protecting delicate organs such as the brain, heart and lungs, bones also store minerals such as calcium. And bone marrow, found in the centre of some large bones, is where blood cells are made and stored.

All the more reason to keep our bones strong and healthy. Our bones naturally lose density over time, which increases the risk of osteoporosis, a disease where bones become weaker and more fragile and therefore more likely to break. This condition becomes more prevalent with age and especially in women post menopause. But the good news is we can protect our bones by making simple dietary and lifestyle choices.

Foods to include in your diet

- **Dairy or alternatives:** Milk, cheese and yogurt are some of the best sources of calcium, which is essential for maintaining bone density. Live yogurt also contains probiotic cultures which have anti-inflammatory effects and may help regulate bone remodelling. If you prefer plant-based alternatives, always look for fortified options which contain added calcium, vitamins and minerals.
- **Green leafy vegetables:** Veg like kale, broccoli and sprouts are high in calcium, magnesium and vitamin K, which are all essential for bone health. They also contain antioxidants that may help to reduce bone loss over time.
- **Nuts and seeds:** Almonds, chia seeds, sesame seeds and pumpkin seeds are rich in magnesium, a mineral that helps bones to absorb calcium. Walnuts also provide omega-3 fatty acids, which may reduce inflammation and support bone strength.
- **Soy products:** These include tofu, tempeh and edamame beans. As well as being a good source of calcium they contain isoflavones, which may help with bone formation and reduce bone resorption.
- **Fish and eggs:** Tinned oily fish like salmon or sardines are high in calcium, especially as they contain small edible bones. Oily fish and eggs are also high in Vitamin D. Foods rich in vitamin D help your body to absorb calcium effectively.

Photographs FCAFOTODIGITAL/E+/GETTY

Foods to limit

Sugary drinks

Studies show sugary drinks can reduce bone density over time, increasing your risk of fractures. Limit sugary drinks and try drinking water or herbal teas instead.

Caffeine

Excessive caffeine can interfere with calcium absorption. Try decaffeinated tea or coffee or stick to no more than three to four cups of coffee or tea per day.

Salt

Too much salt can cause increased calcium excretion, weakening bones. Try to limit processed foods which are often high in salt and try flavouring foods with herbs and spices rather than salt.

Remember, you don't have to totally exclude these foods from your diet, it's about small sustainable changes that you can maintain long term.

What else can I do?

- **Stop smoking** Smoking increases your risk of osteoporosis by decreasing calcium absorption and new bone formation. Quitting smoking can reduce your risk.
- **Exercise regularly** In particular, try weight bearing exercise, where your feet and legs support your body weight, as this helps to strengthen bones. Try walking, weight or strength training and sports like football and tennis.
- **Reduce alcohol** Studies show that people who drink daily have a higher risk of osteoporosis and this risk increases with the amount of alcohol consumed.

Peanut butter noodles with tofu & veg

This is an easy midweek meal the whole family will love that comes together in no time at all. You can easily swap out the vegetables for seasonal alternatives.

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY** **V**

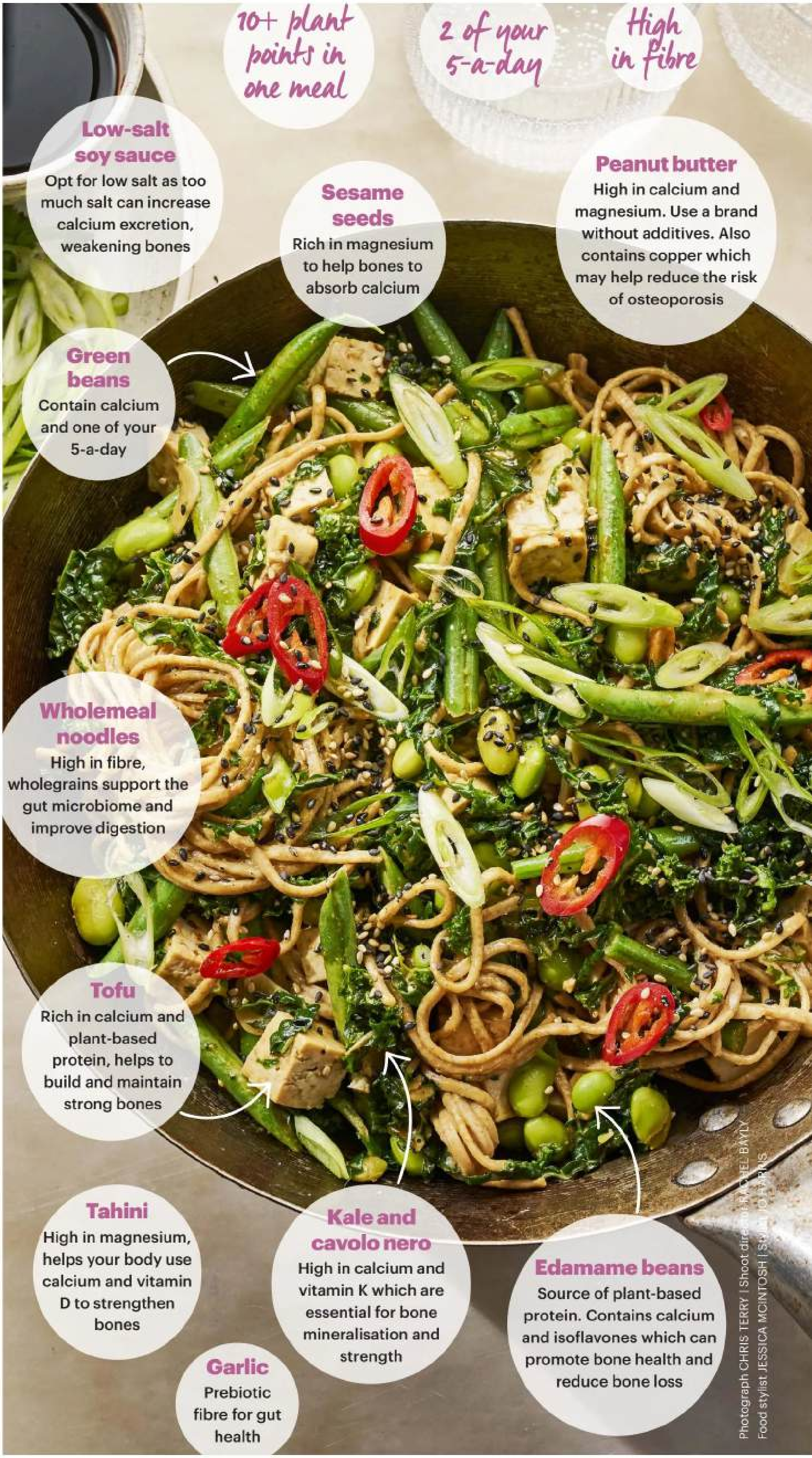
- 320g edamame beans, frozen or fresh
- 1 tbsp sesame oil
- 4 garlic cloves, sliced
- 320g green beans, sliced
- 200g kale or cavolo nero, stalks removed, thinly sliced
- 450g firm tofu, cubed
- 150g wholemeal noodles
- spring onions and red chilli, sliced to serve (optional)
- 2 tbsp black and white sesame seeds, to serve

For the sauce

- 3-4 tbsp peanut butter
- 1 tbsp tahini
- 2 tbsp low-salt soy sauce

1 Put the edamame beans in a microwave-safe bowl with 2 tbsp water. Cover and microwave on high for 6 mins. Drain and set aside.
2 Heat the oil in a large pan or wok over a medium heat. Add the sliced garlic and cook until just golden (be careful not to burn it). Add the green beans and kale, stirring frequently until the kale has wilted and the green beans are tender.
3 Stir in the cooked edamame beans and cubed tofu. Turn off the heat or reduce to very low whilst you prepare the noodles and sauce.
4 Cook the noodles following pack instructions (usually 2-3 mins). Drain well.
5 In a small bowl, whisk together the peanut butter, tahini and soy sauce. Add a splash of water to achieve a thick pourable consistency.
6 Add the cooked noodles and sauce to the pan over a medium heat with the vegetables and tofu. Mix to ensure everything is evenly coated.
7 Sprinkle with spring onions and sliced chilli, if using, and sesame seeds. Serve immediately.

GOOD TO KNOW vegan • healthy • calcium • folate • fibre • vit c • iron • 2 of 5-a-day
PER SERVING 554 kcals • fat 27g • saturates 5g • carbs 32g • sugars 6g • fibre 16g • protein 37g • salt 1.03g



10+ plant points in one meal

2 of your 5-a-day

High in fibre

Low-salt soy sauce
Opt for low salt as too much salt can increase calcium excretion, weakening bones

Sesame seeds
Rich in magnesium to help bones to absorb calcium

Peanut butter
High in calcium and magnesium. Use a brand without additives. Also contains copper which may help reduce the risk of osteoporosis

Green beans
Contain calcium and one of your 5-a-day

Wholemeal noodles
High in fibre, wholegrains support the gut microbiome and improve digestion

Tofu
Rich in calcium and plant-based protein, helps to build and maintain strong bones

Tahini
High in magnesium, helps your body use calcium and vitamin D to strengthen bones

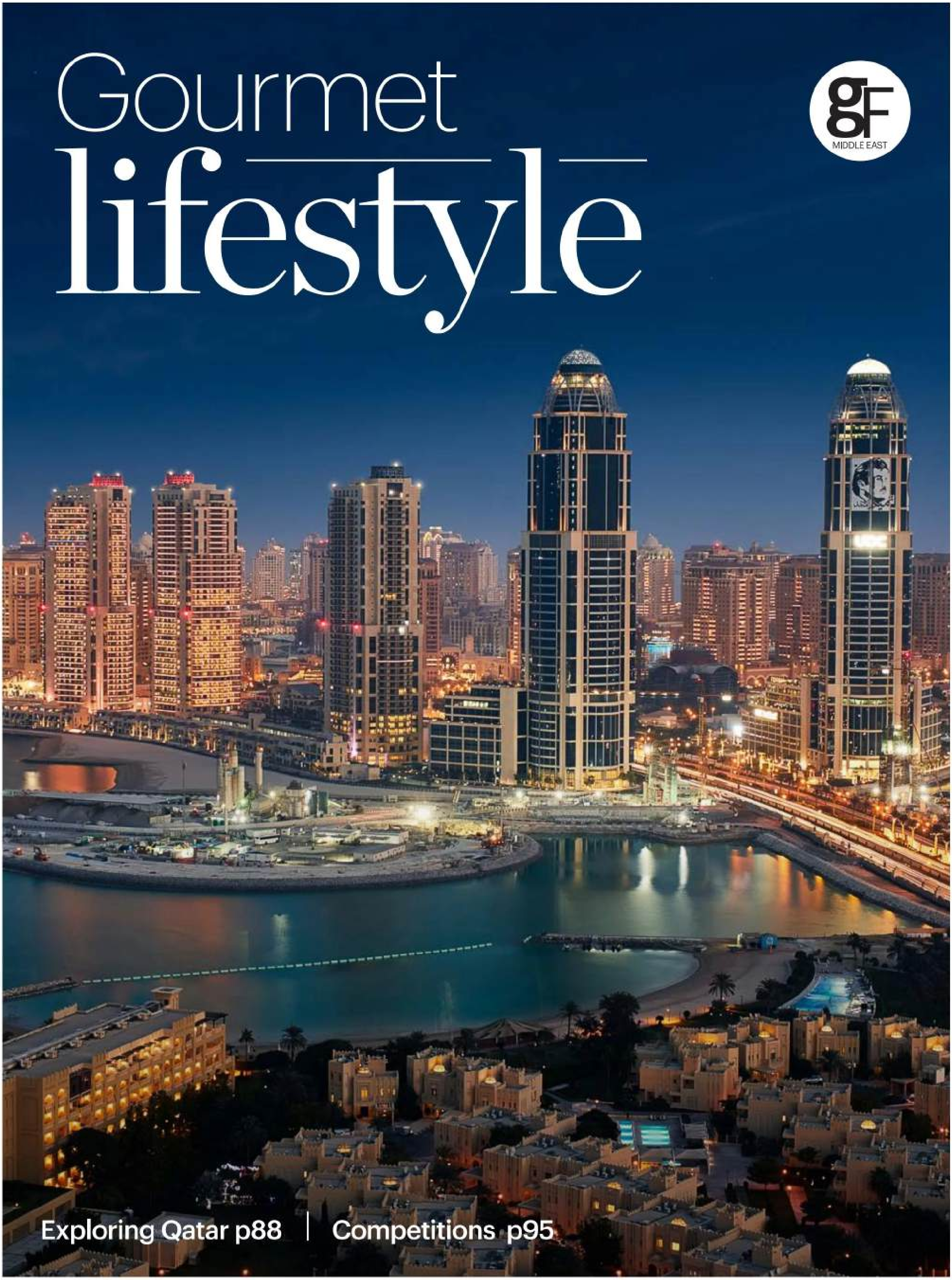
Kale and cavolo nero
High in calcium and vitamin K which are essential for bone mineralisation and strength

Edamame beans
Source of plant-based protein. Contains calcium and isoflavones which can promote bone health and reduce bone loss

Garlic
Prebiotic fibre for gut health

Photograph CHRIS TERRY | Shoot director RACHEL BAYLY
Food stylist JESSICA MCINTOSH | Stylist JO HARRIS

Gourmet lifestyle



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Exploring Doha

Explore the best of Qatar with our guide to luxury stays, vibrant dining, and must-see landmarks in Doha

There's a calm to Doha that feels almost meditative, especially when compared to the buzz of its glitzier neighbour. Where Dubai dazzles with its sheer scale and pace, Doha invites you to slow down and look a little closer. The streets feel less hurried, the coastline more open, and there's a quiet self-assurance in how the old and new coexist—from the winding alleyways of Souq Waqif to the clean lines of its modern museums. Qatar doesn't demand your attention; it earns it gradually, offering moments of stillness and depth that linger long after you've left.

Planning a trip to the city soon? Here, we recommend the best spots to stay, eat and must-visit landmarks in the city. Happy exploring!

WHERE TO STAY

Mondrian Doha

Mondrian Doha brings an artistic flair to the city's hotel scene, with surreal interiors by Marcel Wanders, dramatic staircases, and statement lighting. Located in West Bay Lagoon, it's home to several renowned restaurants and a glamorous spa, making it a destination in itself for design lovers and foodies alike.

Visit mondrianhotels.com/doha.

Raffles Doha

An all-suite property in the iconic Katara Towers, Raffles Doha blends Qatari heritage with refined European elegance. Guests can enjoy personalised butler service, state-of-the-art wellness facilities, and a curated collection of dining options—all with sweeping views of Lusail Marina.

Visit raffles.com/doha.

Fairmont Doha

Also housed within Katara Towers, Fairmont Doha offers modern luxury with high-tech rooms, soaring ceilings, and a strong focus on wellness. Highlights include an impressive spa, infinity pool, and restaurants that range from sleek Japanese dining to relaxed Mediterranean fare.

Visit fairmont.com/en/hotels/doha/fairmont-doha.html.

Four Seasons Hotel Doha

Set along the Corniche with its own private beach and marina, Four Seasons Doha is a serene urban resort ideal for both business and leisure. With newly renovated rooms, multiple pools, a renowned Nobu restaurant, and a peaceful spa, it offers a polished blend of comfort and convenience.

Visit fourseasons.com/doha.

غاليري لافاييت

Sheraton Grand Doha Resort & Convention Hotel

Conveniently located in the heart of West Bay, Sheraton Grand Doha offers a perfect mix of luxury and relaxation. Enjoy stunning views of the Arabian Gulf and Doha's skyline, either from the beach resort or your room balcony. With 7 dining venues, a private beach, outdoor pool, and lush gardens, guests can unwind or stay active in the 24-hour fitness centre.

Visit marriott.com/en-us/hotels/dohsi-sheraton-grand-doha-resort-and-convention-hotel.

WHERE TO DINE

Em Sherif

Em Sherif brings elegant Levantine dining to Doha, offering a sumptuous menu filled with classics such as Fattoush, Kibbeh, and creamy Hummus. Signature dishes include grilled Lamb chops and Mouhalabieh, served in a chandelier-lit space overlooking the sea. It's ideal for a long, indulgent meal with family or friends.

Visit emsherifrestaurant.com.

Jamavar

Jamavar offers a refined take on Indian cuisine, drawing from royal Mughal and coastal traditions. Must-try dishes include Murg malai kebab, Tandoori lobster, Malabar prawns, and Mango rasmalai. The setting is opulent and intimate, perfect for upscale dinners with a strong sense of tradition.

Visit jamavarrestaurants.com/indian-restaurant-doha.

Belhambar

Awarded Best Qatari Dining Experience by Visit Qatar in both 2023 and 2024, the restaurant at The Corniche is known for its authentic dishes and welcoming hospitality. Signature dishes include the fragrant Baddawi meat majboos, Sesame luqaimat drizzled in date syrup, and Mohlabiya balaeet – a sweet and savoury fusion of vermicelli and custard.

Visit Instagram (@belhambar.qa).

Kai's Songbird

Kai London's celebrated flair is in Doha, bringing modern Chinese Nanyang cuisine to the Yacht Club in extravagant style. The elegant interiors are striking, though the air-conditioned terrace with marina views is hard to beat. The menu stars seafood-forward dishes including Nanyang chilli lobster and Wok-hei prawns, alongside London favourites such as the aromatic Crispy duck.

Visit kaisongbird.qa.

Katara Cultural Village

Souq Waqif

MUST-SEE DESTINATIONS

Souq Waqif

One of Doha's most popular attractions, Souq Waqif is a restored traditional market offering everything from spices and textiles to handicrafts and souvenirs. Visitors can explore specialty areas like the falcon souq and spice market, or dine at restaurants serving Qatari and regional cuisine. Its architecture and lively atmosphere offer a glimpse into the city's heritage. Best visited in the evening, the souq comes alive after sundown with bustling crowds and street-side performances.

Msheireb Downtown

Msheireb Downtown is Doha's innovative urban regeneration project and the world's first fully built smart and sustainable city district. Located near Souq Waqif, it features heritage museums, design-conscious cafés, boutique retail outlets and shaded pedestrian zones. The Msheireb Museums offer insight into Qatar's social history, while Barahat Msheireb is a central square ideal for dining and events. It's a well-planned area for architecture enthusiasts and those seeking a modern cultural experience.

The Pearl

The Pearl is a man-made island and upscale lifestyle destination, offering residential towers, waterfront dining, high-end shopping, and marina views. Its various districts include the pastel-hued Qanat Quartier with canals and bridges, and Porto Arabia, known for international restaurants and luxury boutiques. Ideal for a stroll, coffee, or a long lunch, The Pearl appeals to both residents and visitors. It reflects Doha's cosmopolitan and leisure-focused identity.

Katara Cultural Village

Situated between West Bay and The Pearl, Katara Cultural Village is a purpose-built development dedicated to the arts, culture and heritage. It includes an amphitheatre, galleries, performance venues, and unique architectural landmarks like its gold and blue-tiled mosques. Visitors can attend exhibitions, film screenings, or enjoy beachside cafés with views of the Gulf.

National Museum of Qatar

Housed in a striking building designed by Jean Nouvel, inspired by desert rose formations, the National Museum of Qatar explores the nation's history, culture and future through immersive exhibitions. The museum is arranged as a chronological journey — from natural history and Bedouin life to modern development — with interactive displays and multimedia storytelling. It also includes a heritage palace and landscaped gardens. A must-visit for understanding Qatar's national identity and transformation.

Msheireb Downtown

National Museum of Qatar

The Pearl

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Competitions

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WIN A FAMILY DINING EXPERIENCE AT JONES THE GROCER, WORTH AED800

snacks
sweets & chocolates
biscuits
pantry

Gather the family for a relaxed dining experience at Jones the Grocer, located at Delta Hotels by Marriott Jumeirah Beach. Enjoy their newly launched menu, featuring bold, comforting dishes such as slow-braised Beef Ragu with Pappardelle, Dan Dan Noodles, and zesty Chili Yuzu Seabass. Round off your meal with indulgent desserts like Chocolate Lava Cake or a refreshing Lemon and Vanilla Posset.

WIN AN OCEANIC BRUNCH FOR TWO AT JW KITCHEN, WORTH OVER AED550

Enjoy a lavish Saturday brunch experience at JW Kitchen, located on the ground floor of JW Marriott Hotel. Start your day with a wide selection of fresh pastries, seasonal fruits, hearty hot dishes, and gourmet coffee, all crafted with the finest ingredients. Whether you're looking for a relaxed morning or a weekend treat, this brunch sets the perfect tone for your day.

WIN A DINING VOUCHER AT MAUSAM, WORTH AED500

Spice up your Thursday evening with a flavour-packed culinary journey through Northern India at Mausam, Dubai Mall's newest dining destination. Indulge in iconic regional dishes such as Kashmir's smoky Roganjosh, Awadh's royal Taar Korma, and Delhi's nostalgic street favourites.

WIN A DINING EXPERIENCE FOR TWO AT UPTOWN DUBAI, WORTH AED500

Two lucky winners will each receive a dining experience for two at one of Uptown Dubai's signature restaurants. Choose from contemporary Asian fusion at The Citronelle Club, Mediterranean flavours at Sur, comfort classics at Uptown Brasserie, artisan bites at Uptown Social, or a Parisian-inspired evening at Celeste. A curated culinary experience awaits you.

WIN AN EXQUISITE ITALIAN DINING EXPERIENCE AT BELLA BOCCA, WORTH AED500

Discover the rich flavours of Italy at Bella Bocca, a charming Creekside restaurant located at Marriott Marquis Dubai, Jewel of the Creek. Enjoy a menu of handcrafted pasta, stone-baked pizzas and authentic antipasti, created using fresh ingredients and time-honoured recipes. Whether you choose a classic Carbonara or a decadent Tiramisu, this dining experience promises to transport you to Italy.

To be in with a chance of winning these prizes, visit our competitions page on *bbcgoodfoodme.com*, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

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